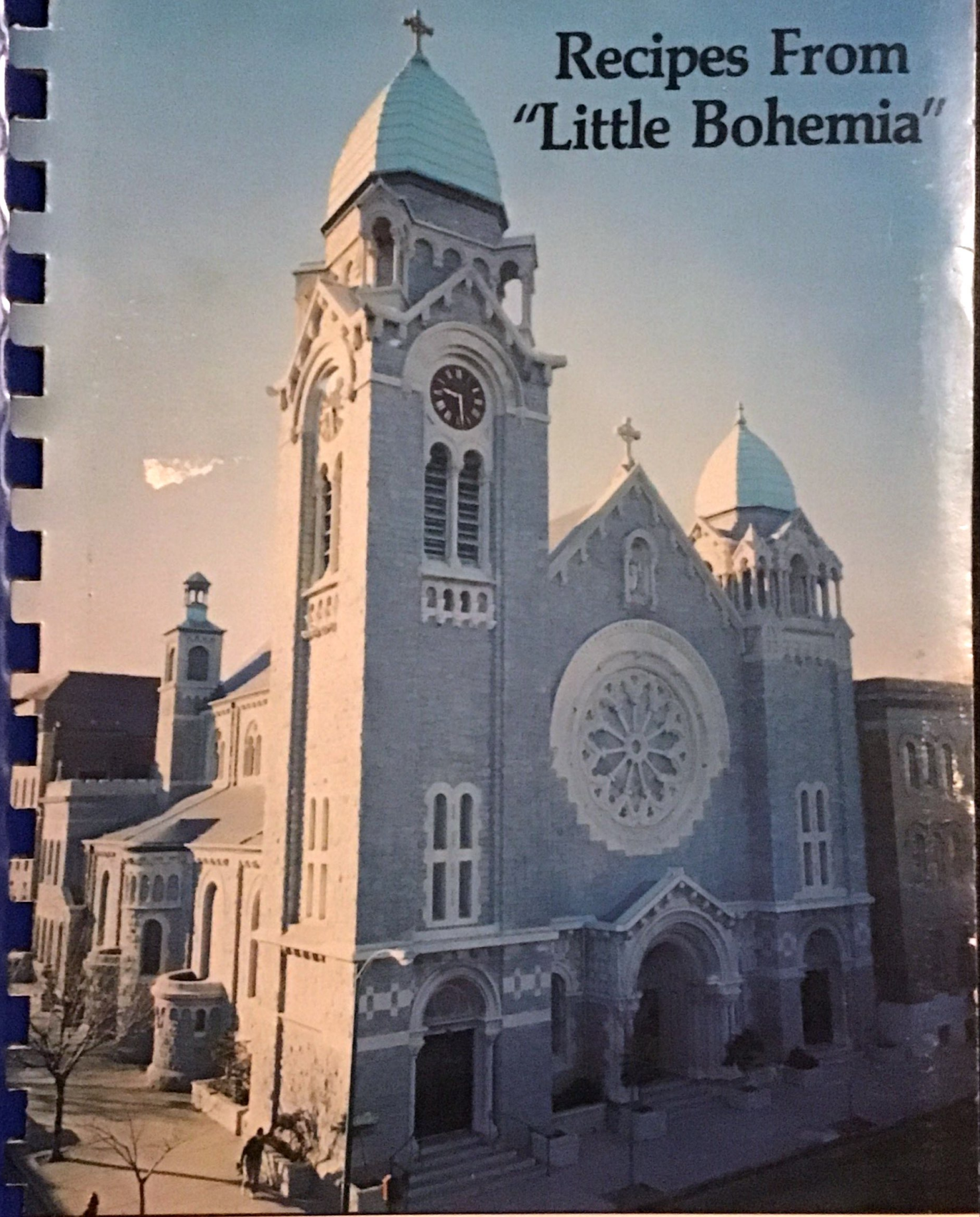


# Recipes From "Little Bohemia"

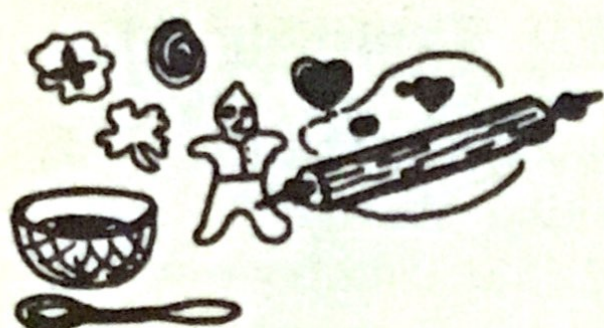


St. Wenceslaus Church  
2111 Ashland Avenue  
BALTIMORE, MARYLAND 21205  
Phone: (301) 675-7304







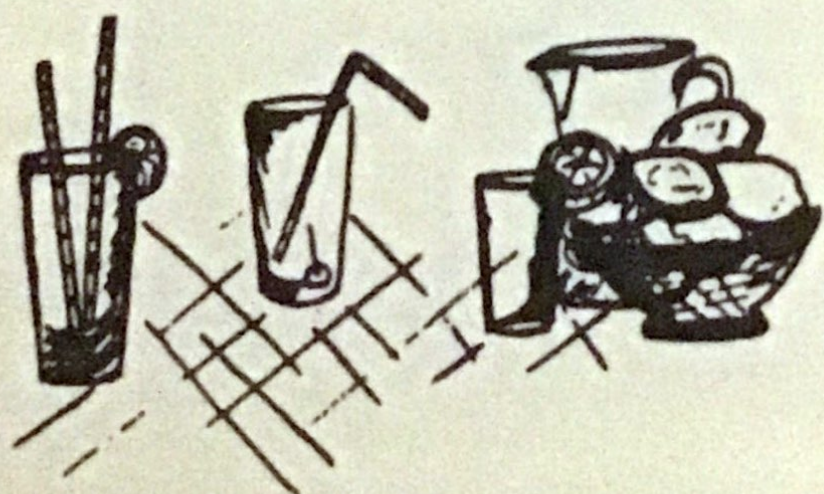


A BOOK OF  
FAVORITE  
*Recipes*

Compiled By  
MOTHERS CLUB  
of  
ST. WENCESLAUS CATHOLIC CHURCH



©Copyright 1968-1984 by CIRCULATION SERVICE, P.O. Box 7306, Shawnee Mission, Kansas 66207  
World's Largest Publisher of Personalized Cook Books  
Fund Raising Programs and Programs of Service  
For Church, School and Civic Organizations  
Printed in the United States of America





## WHO WAS THIS MAN NAMED WENCESLAUS?

He was a Christian who lived during the 10th century in the country of Bohemia. At age twenty, he became the ruler of that country and promised to rule with justice and mercy. He spent a great deal of time at prayer and in church.

He was known for his concern for justice, and for the severity with which he punished those who oppressed the people.

He even made peace with nearby Germany to avoid unnecessary bloodshed. Because of his generosity toward the poor, many nobles who did not live by Christian ways disliked Wenceslaus.

Eventually, his brother and some nobles put Wenceslaus to death. We celebrate his good life and entrance into eternal life on September 28th.





# Basic Kitchen Information



## *Expression of Appreciation*

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

Standard Kitchen Cover Scene If Used - Kitchens by Kleweno



THUMB INDEX



EQUIVALENTS,  
WEIGHTS and MEASURES,  
SUBSTITUTE INGREDIENTS

EVERYDAY HERB GUIDE

WHAT SHALL WE HAVE  
FOR DINNER?

TIME TABLE FOR  
MEAT COOKERY

SEA FOOD COOKERY,  
WAYS TO USE LEFTOVERS

QUANTITIES FOR 100 PEOPLE,  
SANDWICHES -- QUANTITY and  
FAMILY SIZE RECIPES

6 STEPS TO  
THE PERFECT PIE

DIET INFORMATION  
AND MENUS

FREEZING PREPARED FOODS  
and MAXIMUM HOME STORAGE  
FOR FROZEN FOOD

METRIC SYSTEM  
INFORMATION

STAIN CHART, FIRST AID and  
MISCELLANEOUS INFORMATION



## EQUIVALENTS

3 tsps.	1 tbsp.
4 tbsps.	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tbsps.	$\frac{1}{3}$ cup
8 tbsps.	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tbsps.	$\frac{2}{3}$ cup
12 tbsps.	$\frac{3}{4}$ cup
16 tbsps.	1 cup
$\frac{1}{2}$ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

## WEIGHTS AND MEASURES

### Baking powder

1 cup =  $5\frac{1}{2}$  ozs.

### Cheese, American

1 lb. =  $2\frac{2}{3}$  cups cubed

### Cocoa

1 lb. = 4 cups ground

### Coffee

1 lb. = 5 cups ground

### Corn meal

1 lb. = 3 cups

### Cornstarch

1 lb. = 3 cups

### Cracker crumbs

23 soda crackers = 1 cup  
15 graham crackers = 1 cup

### Eggs

1 egg = 4 tbsps. liquid  
4 to 5 whole = 1 cup  
7 to 9 whites = 1 cup  
12 to 14 yolks = 1 cup

### Flour

1 lb. all-purpose = 4 cups  
1 lb. cake =  $4\frac{1}{2}$  cups  
1 lb. graham =  $3\frac{1}{2}$  cups

### Lemons, juice

1 medium = 2 to 3 tbsps.  
5 to 8 medium = 1 cup

### Lemons, rind

1 lemon = 1 tbsp. grated

### Oranges, juice

1 medium = 2 to 3 tbsps.  
3 to 4 medium = 1 cup

### Oranges, rind

1 = 2 tbsps. grated

### Gelatin

$3\frac{1}{4}$  oz. pkg. flavored =  $\frac{1}{2}$  cup  
 $\frac{1}{4}$  oz. pkg. unflavored = 1 tbsp.

### Shortening or Butter

1 lb. = 2 cups

### Sugar

1 lb. brown =  $2\frac{1}{2}$  cups  
1 lb. cube = 96 to 160 cubes  
1 lb. granulated = 2 cups  
1 lb. powdered =  $3\frac{1}{2}$  cups



# One ingredient for another

---

## For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

## You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus  $2\frac{1}{2}$  tablespoons water.

$\frac{3}{8}$  cup lard, or rendered fat, with  $\frac{1}{2}$  teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with  $\frac{1}{2}$  teaspoon salt.

3 or 4 tablespoons cocoa plus  $\frac{1}{2}$  tablespoon fat.

$1\frac{1}{2}$  teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus  $\frac{1}{2}$  teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or  $1\frac{3}{4}$  teaspoons cream of tartar.

$\frac{1}{2}$  cup evaporated milk plus  $\frac{1}{2}$  cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

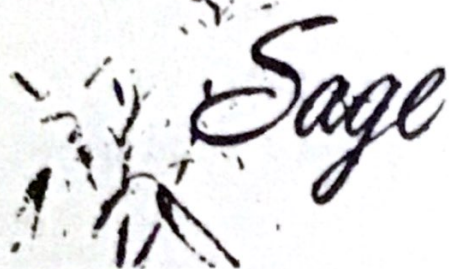
$\frac{1}{2}$  tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{3}{8}$  cup all-purpose flour.

Up to  $\frac{1}{2}$  cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.



# EVERYDAY HERB GUIDE



**FOUND IN** Yugoslavia, Italy, Greece, Spain.

**IT IS** shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste

**TASTES GOOD WITH** stuffings, pork roasts, sausages, poultry and hamburgers.

**AVAILABLE** as leaf; rubbed; powdered.



**FOUND IN** India, France, Argentina.

**IT IS** dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

**TASTES GOOD WITH** soups; fish dishes; sauces, sweet pickles; bread and rolls.

**AVAILABLE** whole; ground.

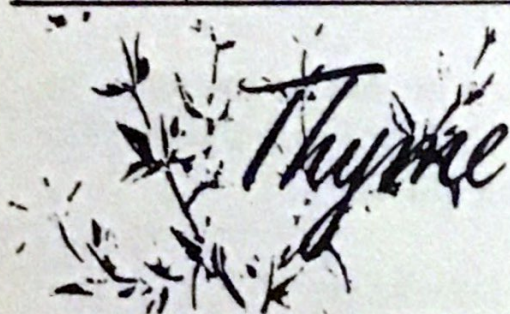


**FOUND IN** France, United States.

**IT IS** leaf and flower-top of plant; has pungent flavor resembling licorice.

**TASTES GOOD WITH** fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

**AVAILABLE** whole; ground.

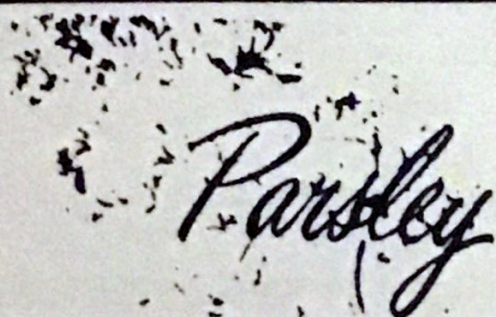


**FOUND IN** France, Spain.

**IT IS** member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

**TASTES GOOD WITH** soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

**AVAILABLE** whole; powdered.

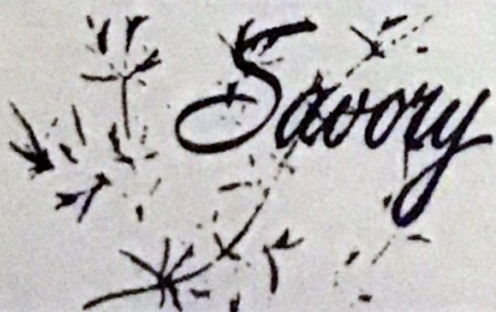


**FOUND IN** United States, Europe,

**IT IS** tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

**TASTES GOOD WITH** meat; vegetables; soups; eggs; cheese.

**AVAILABLE** whole; ground; as flakes.



**FOUND IN** France, Spain.

**IT IS** member of mint family; has aromatic odor, pungent flavor.

**TASTES GOOD WITH** eggs; meat; salads; chicken; soups; stuffings.

**AVAILABLE** whole; ground.



**FOUND IN** India, United States.

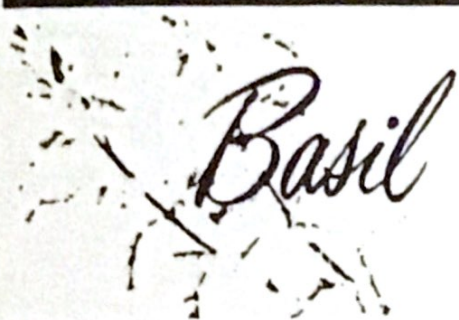
**IT IS** fruit of parsley family; has aromatic odor with delicate caraway flavor.

**TASTES GOOD WITH** fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

**AVAILABLE** whole; ground.



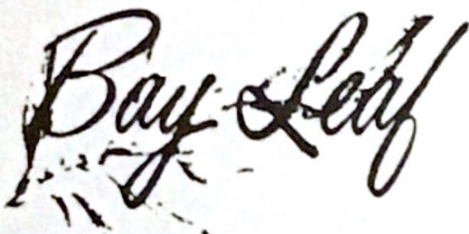
# EVERYDAY HERB GUIDE



**FOUND IN** India, Western Europe, United States.

**IT IS** member of mint family with leaves 1½" long; has mild aromatic odor, warm, sweet flavor with slight licorice taste.

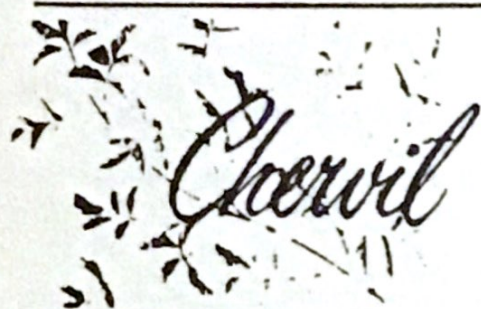
**TASTES GOOD WITH** tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.  
**AVAILABLE** whole; ground.



**FOUND IN** Turkey, Yugoslavia, Portugal, Greece.

**IT IS** green, aromatic leaf of laurel tree; has pungent flavor.

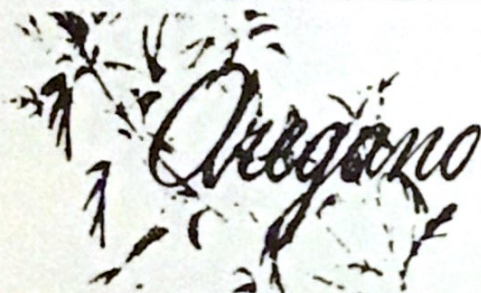
**TASTES GOOD WITH** vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.  
**AVAILABLE** as whole leaf.



**FOUND IN** France, United States

**IT IS** member of parsley family with feathery leaves; has mild, delicate flavor.

**TASTES GOOD WITH** egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.  
**AVAILABLE** whole; ground.



**FOUND IN** Mexico, Italy, Chile, France.

**IT IS** member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

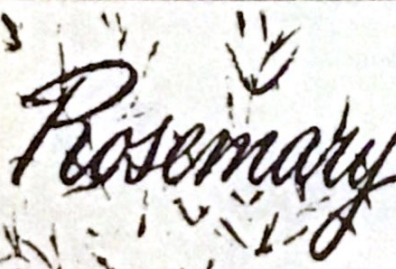
**TASTES GOOD WITH** tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.  
**AVAILABLE** whole; ground.



**FOUND IN** all parts of the world.

**IT IS** dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

**TASTES GOOD WITH** jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.  
**AVAILABLE** whole (dried); flaked; as fresh sprigs.



**FOUND IN** France, Spain, Portugal.

**IT IS** leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

**TASTES GOOD WITH** poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.  
**AVAILABLE** whole; ground.



**FOUND IN** France, Germany, Chile.

**IT IS** member of mint family, with aromatic odor.

**TASTES GOOD WITH** fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.  
**AVAILABLE** whole; ground.



# *What Shall We Have For Dinner??*

## WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

## WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas



# *What Shall We Have For Dinner??*

## WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

## WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

## WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tuna-fish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad



# TIME TABLE FOR MEAT COOKERY

## Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
<b>BEEF</b>				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
<b>VEAL</b>				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
<b>LAMB</b>				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
<b>FRESH PORK</b>				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
<b>SMOKED PORK</b>				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
<b>POULTRY</b>				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb.	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

## Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.



# TIME TABLE FOR MEAT COOKERY

## Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
<b>BEEF</b>					
Rib Steak	1 inch	1-1 1/2 lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1 1/2 lb.	8-10	12-14	18-20
Porterhouse	1 inch	1 1/2-2 lbs.	10-12	14-16	20-25
	1 1/2 inch	2 1/2-3 lbs.	14-16	18-20	25-30
	2 inch	3-3 1/2 lbs.	20-25	30-35	40-45
Sirloin	1 inch	2 1/2-3 1/2 lbs.	10-12	14-16	20-25
	1 1/2 inch	3 1/2-4 1/2 lbs.	14-16	18-20	25-30
	2 inch	5-5 1/2 lbs.	20-25	30-35	40-45
Ground Beef Patties					
	3/4 inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
<b>LAMB</b>					
Rib or Loin					
Chops (1 rib)	3/4 inch	2-3 oz. each	—	—	14-15
Double Rib	1 1/2 inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	3/4 inch	3-4 oz. each	—	—	14-15
	1 1/2 inch	5-6 oz. each	—	—	22-25
Lamb Patties	3/4 inch	4 oz. each	—	—	14-15
<b>HAM, BACON &amp; SAUSAGE</b>					
Ham Slices	1/2 inch	9-12 oz. each	—	—	10-12
	3/4 inch	1-1 1/4 lb.	—	—	13-14
	1 inch	1 1/4-1 3/4 lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1 1/2 lbs.	—	—	30-35

## Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

## Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	¾ lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total





# Sea Food COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPER		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

HOW TO COOK — 1 EXCELLENT 2 GOOD 3 FAIR



# Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

## **Cooked snap beans, lima beans, corn, peas, carrots, in**

Meat and vegetable pie  
Soup  
Stew  
Stuffed peppers  
Stuffed tomatoes  
Vegetables in cheese sauce

## **Cooked leafy vegetables, chopped, in**

Creamed vegetables  
Soup  
Meat loaf  
Meat patties  
Omelet  
Souffle

## **Cooked or canned fruits, in**

Fruit cup  
Fruit sauces  
Jellied fruit  
Quick breads  
Shortcake  
Upside-down cake  
Yeast breads

## **Cooked meats, poultry, fish, in**

Casserole dishes  
Hash  
Meat patties  
Meat pies  
Salads  
Sandwiches  
Stuffed vegetables

## **Cooked wheat, oat, or corn cereals, in**

Fried cereal  
Meat loaf or patties  
Sweet puddings

## **Cooked rice, noodles, macaroni, spaghetti, in**

Casseroles  
Meat or cheese loaf  
Timbales

## **Bread**

Slices, for  
French toast  
Dry crumbs, in  
Brown betty  
Croquettes  
Fried chops  
Soft crumbs, in  
Meat loaf  
Stuffings

## **Cake or cookies, in**

Brown betty  
Ice-box cake  
Toasted, with sweet topping,  
for dessert

## **Egg yolks, in**

Cakes  
Cornstarch pudding  
Custard or sauce  
Pie filling  
Salad dressing  
Scrambled eggs

## **Egg whites, in**

Custard  
Fruit whip  
Meringue  
Souffles

## **Hard-cooked egg or yolk, in**

Casserole dishes  
Garnish  
Salads  
Sandwiches

## **Sour cream, in**

Cakes, cookies  
Dessert sauce  
Meat stews  
Pie filling  
Salad dressing  
Sauce for vegetables

## **Sour milk, in**

Cakes, cookies  
Quick breads

## **Cooked potatoes, in**

Croquettes  
Fried or creamed potatoes  
Meat-pie crust  
Potatoes in cheese sauce  
Stew or chowder







# Quantities to Serve 100 People



COFFEE	— 3 LBS.	
LOAF SUGAR	— 3 LBS.	
CREAM	— 3 QUARTS	
WHIPPING CREAM	— 4 PTS.	
MILK	— 6 GALLONS	
FRUIT COCKTAIL	— 2 1/2 GALLONS	
FRUIT JUICE	— 4 NO. 10 CANS	(26 LBS.)
TOMATO JUICE	— 4 NO. 10 CANS	(26 LBS.)
SOUP	— 5 GALLONS	
OYSTERS	— 18 QUARTS	
WEINERS	— 25 LBS.	
MEAT LOAF	— 24 LBS.	
HAM	— 40 LBS.	
BEEF	— 40 LBS.	
ROAST PORK	— 40 LBS.	
HAMBURGER	— 30-36 LBS.	
CHICKEN FOR CHICKEN PIE	— 40 LBS.	
POTATOES	— 35 LBS.	
SCALLOPED POTATOES	— 5 GALLON	
VEGETABLES	— 4 NO. 10 CANS	(26 LBS.)
VEGETABLES	— 4 NO. 10 CANS	(26 LBS.)
BAKED BEANS	— 5 GALLON	
BEETS	— 30 LBS.	
CAULIFLOWER	— 18 LBS.	
CABBAGE FOR SLAW	— 20 LBS.	
CARROTS	— 33 LBS.	
BREAD	— 10 LOAVES	
ROLLS	— 200	
BUTTER	— 3 LBS.	
POTATO SALAD	— 12 QUARTS	
FRUIT SALAD	— 20 QUARTS	
VEGETABLE SALAD	— 20 QUARTS	
LETTUCE	— 20 HEADS	
SALAD DRESSING	— 3 QUARTS	
PIES	— 18	
CAKES	— 8	
ICE CREAM	— 4 GALLONS	
CHEESE	— 3 LBS.	
OLIVES	— 1 3/4 LBS.	
PICKLES	— 2 QUARTS	
NUTS	— 3 LBS. SORTED	

To serve 50 people, divide by 2  
To serve 25 people, divide by 4







*how to make*  
**26**  
*new fillings*

QUANTITY  
AND  
FAMILY SIZE  
RECIPES



*for lunch boxes*

*for outdoor eating*



**HAWAIIAN HAM SANDWICH** 6 SERVINGS 24 SERVINGS

Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	1/4 cup
	Cloves	1/8 teaspoon	1/2 teaspoon

**O'HARA'S SANDWICH**

Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	1/4 cup	1 cup
	Chopped Kosher pickle	1/4 cup	1 cup
	Tomato juice	1/4 cup	1 cup

**TANGY TONGUE SANDWICH**

Mix Well	Sliced tongue	3/4 pound	3 pounds
	Cream cheese, softened	3-oz. package	3/4 pound
	Horseradish	1 tablespoon	1/4 cup

**CHEESE PIMIENTO SANDWICH**

Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	1/2 cup
	Salad dressing	2 tablespoons	1/2 cup

**EAST COAST SANDWICH** 6 SERVINGS 24 SERVINGS

Mix Well	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
	Baked beans	1/2 cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	1/2 cup
	Chili sauce	1 tablespoon	1/4 cup

**ALL AMERICAN FAVORITE**

Sliced roast beef	3/4 pound	3 pounds
Sliced sweet onion	1 onion	4 onions

**STUDED PEANUT BUTTER SANDWICH**

Mix Well	Peanut butter	3/4 cup	3 cups
	Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)



for quick 'n' easy snacks

## SANDWICHES

### QUANTITY AND FAMILY SIZE RECIPES

		6 SERVINGS	24 SERVINGS
<b>LIVER SAUSAGE SALAD SANDWICH</b>			
Mix Well	Liver sausage	1/2 pound	2 pounds
	Chopped celery	1/4 cup	1 cup
	Chopped sweet pickle	1/4 cup	1 cup
	Chopped onion	1 tablespoon	1/4 cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	3/4 cup
<b>TASTY TREAT HAMBURGER</b>			
Mix Well	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)
	Ground beef	3/4 pound	3 pounds
	Chopped onion	1/4 cup	1 cup
	Chili sauce	2 tablespoons	1/2 cup
	Worcestershire sauce	1/2 teaspoon	2 teaspoons
	Salt and pepper to taste		
<b>SPICY HAM SANDWICH</b>			
	Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds
	Tomato sauce	1 cup (8-oz. can)	1 quart
	Cloves	1/8 teaspoon	1/2 teaspoon

		6 SERVINGS	24 SERVINGS
<b>CREAM CHEESE CRUNCH</b>			
Mix Well	Cream cheese, softened	2 3 ounce packages	3 8-ounce packages
	Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Sliced stuffed olives	1/2 cup	2 cups
<b>CANADIAN DOUBLE DECKER</b>			
<i>First Layer—</i>			
	Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
	Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
<i>Second Layer—</i>			
	Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)
<b>CHAMPION TWO STORY</b>			
<i>First Layer—</i>			
	Sliced cooked chicken	1/2 pound	2 pounds
<i>Second Layer—</i>			
Mix Well	Hard cooked eggs, chopped	4	16
	Chopped celery	2 tablespoons	1/2 cup
	Chopped olives	2 tablespoons	1/2 cup
	Chopped sweet pickle	1 tablespoon	1/4 cup
	Salad dressing	2 tablespoons	1/2 cup
	Prepared mustard	2 teaspoons	3 tablespoons

\*FOR SMALL FRY\*



		6 SERVINGS	24 SERVINGS
<b>BANANA PEANUT BUTTER WINNER</b>			
	Peanut butter	3/4 cup	3 cups
	Banana, sliced	3 medium	12 medium
<b>SUNSHINE SPECIAL</b>			
Mix Well	Chopped dates	1 cup	1 quart
	Shredded carrots	1 cup	1 quart
	Chopped nuts	1/2 cup	2 cups
	Salad dressing	1/2 cup	2 cups
<b>CALIFORNIA DELIGHT</b>			
Mix Well	Peanut butter	3/4 cup	3 cups
	Orange juice	1/2 cup	2 cups
	Shredded orange rind	1 tablespoon	1/4 cup
	Shredded coconut	1/2 cup	2 cups
<b>APPLE CHEESE TOASTY</b>			
	Apple sauce, topped with:	1/2 cup	2 cups
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

		6 SERVINGS	24 SERVINGS
<b>CHICKEN WALDORF SANDWICH</b>			
Mix Well	Cooked, diced chicken	1 cup	1 quart
	Chopped celery	1/2 cup	2 cups
	Chopped apple	1/2 cup	2 cups
	Chopped nuts	1/4 cup	1 cup
	Salad dressing	3 tablespoons	3/4 cup





# for hearty lunching

OPEN FACE\*

Arrange ingredients on buttered bread in order listed  
Place under broiler about 10 minutes or until toasted

## SANDWICHES

### QUANTITY AND FAMILY SIZE RECIPES

#### ROYAL LIVER SAUSAGE SANDWICH

	6 SERVINGS	24 SERVINGS
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

#### FRANKFURTER CHEESE GRILL

	6 (about 3/4 pound)	24 (about 3 pounds)
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

#### SEAFOOD SUPREME

Mix Well	Crabmeat salad:		
	Flaked crabmeat	1 cup	1 quart
	Chopped green pepper	1/4 cup	1 cup
	Salad dressing	3 tablespoons	3/4 cup
	Lemon juice	1 tablespoon	1/4 cup
	Tomato, sliced	1 medium (6 slices)	4 medium
	American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

#### CHEF'S CHICKEN SANDWICH

	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts



#### ROCKY MOUNTAIN SANDWICH

Mix Well	6 SERVINGS	24 SERVINGS
	Eggs, scrambled	6
	Sausage meat, browned	1/4 pound
	Chopped onion	1/4 cup
	Chopped green pepper	1/4 cup
	Salt and pepper to taste	1 cup

\*BAKED SANDWICHES\*

#### HEAVENLY HAMBURGER BAKE

	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.



#### TUNA SOUFFLE SANDWICH

	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.





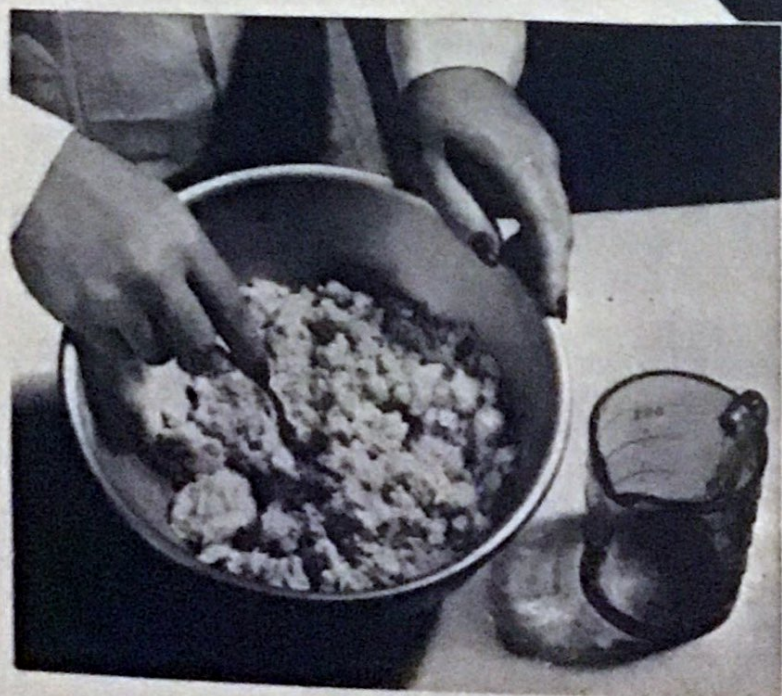
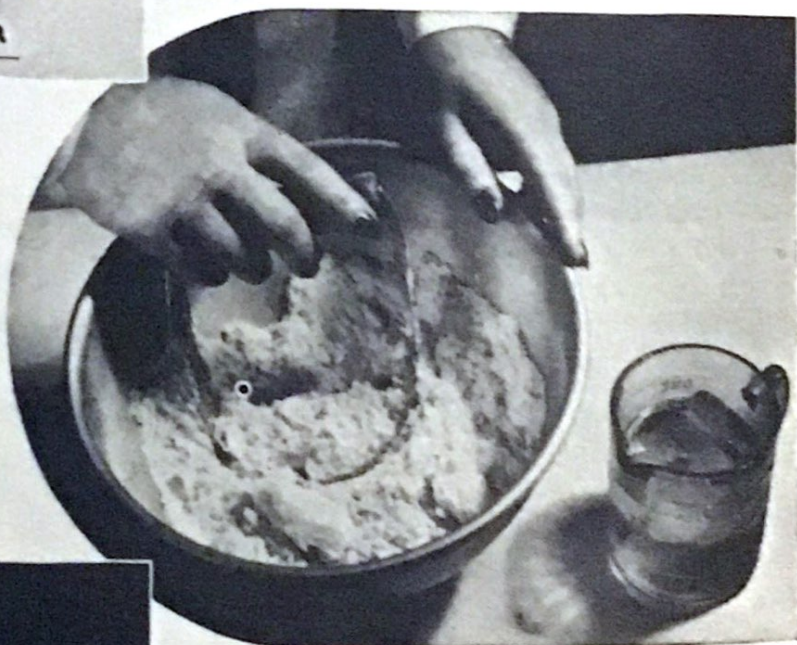
# 6 Easy Steps

## TO THE



**1** The ingredients for the perfect pie crust: 1 teaspoon salt,  $\frac{2}{3}$  cup vegetable shortening, 2 cups flour, and cold water.

**2** Cut shortening into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.

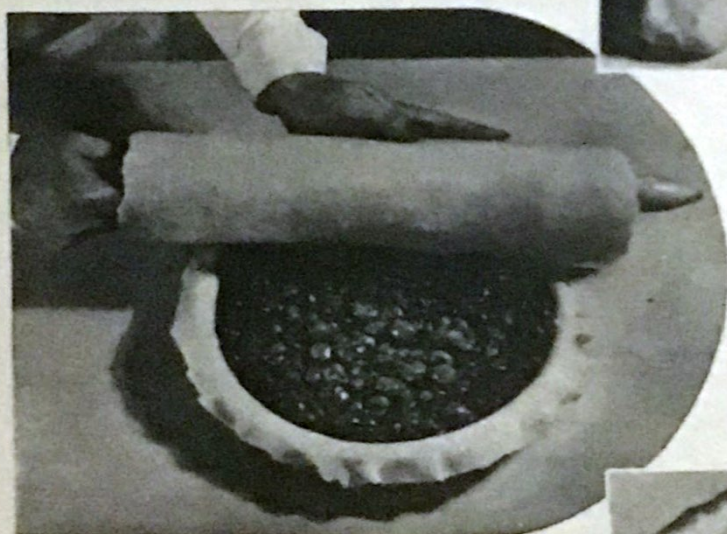
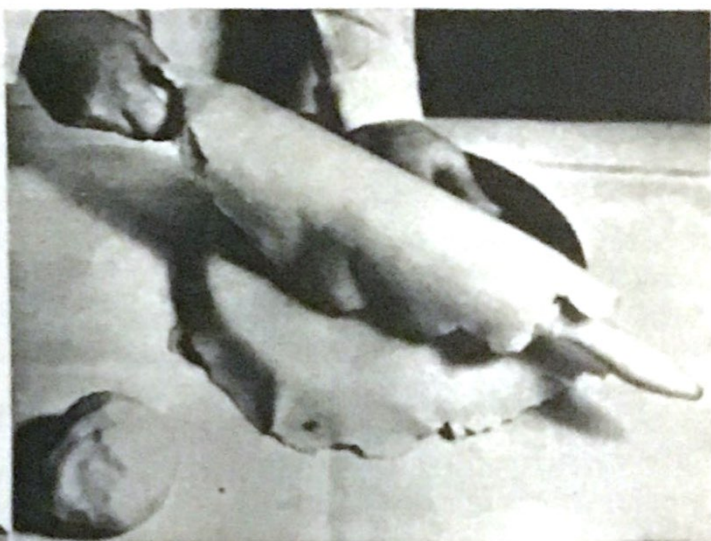


**3** Add 3 to 6 table-spoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds together.



# Perfect Pie

**4** Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



**5** Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

**6** And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.





# YOU can Reduce --- with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

## YOUR DIET

If your Ideal Weight is 105 to 125 pounds:

### BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	½ ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

### LUNCH

<i>Meat (lean)</i>	3 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

### DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

## Just a Word of Caution!

Before going on a diet—

CONSULT YOUR PHYSICIAN

## YOUR DIET

If your Ideal Weight is 125 to 145 pounds:

### BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

### LUNCH

<i>Meat (lean)</i>	4 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

### DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired



## YOUR DIET

If your Ideal Weight is 145 to 165 pounds:

### BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

### LUNCH

<i>Meat (lean)</i>	5 ounces
<i>Vegetable (cooked)</i>	2 ounces
<i>Salad</i>	3 ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

### DINNER

<i>Clear broth</i>	<i>Optional</i>
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

## YOUR DIET

If your Ideal Weight is 165 to 185 pounds:

### BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<i>Bacon (Canadian-style, broiled)</i>	2 ounces
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

### LUNCH

<i>Meat (lean)</i>	6 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

### DINNER

<i>Clear broth</i>	<i>Optional</i>
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

## HELPFUL INFORMATION

### FRUITS

3½ ounces = approximately ½ cup

### BREAD

2/3 ounces = 1 thin slice

### BUTTER

1/6 ounce = ½ pat

### MEATS

4 ounces = piece 4x3x1 inches

### MILK

7 ounces = 1 glass

### VEGETABLES

3½ ounces = approximately ½ cup

Age

Height

Weight

Desired Weight

## WEIGHT RECORD

Date	Weight	Date	Weight

## INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.





## Suggested Menus For Your Diet



### MONDAY

*Breakfast*  
Orange juice  
Soft boiled egg  
Broiled Canadian-style bacon  
Toast      Butter  
Coffee

*Lunch*  
Cold roast beef  
Cauliflower  
Cucumber salad  
Bread      Butter  
Baked apple  
Milk      Tea

*Dinner*  
Clear tomato bouillon  
Broiled lamb chops  
String beans  
Head lettuce salad  
Whole wheat bread      Butter  
Sliced peaches  
Milk      Coffee

### TUESDAY

*Breakfast*  
Pineapple juice  
Coddled egg  
Broiled Canadian-style bacon  
Toast      Butter  
Coffee

*Lunch*  
Hamburger patty  
Baked onion  
Sliced tomatoes  
Bread      Butter  
Plums  
Milk      Tea

*Dinner*  
Baked liver  
Julienne carrots  
Celery and radishes  
Whole wheat bread      Butter  
Pears  
Milk      Coffee



### WEDNESDAY

*Breakfast*  
Tomato juice  
Poached eggs on toast  
Broiled ham  
Coffee

*Lunch*  
Broiled luncheon meats  
Seven minute cabbage  
Endive Salad  
Bread      Butter  
Grapes  
Milk      Tea

*Dinner*  
Clear broth  
Broiled steak  
Baked squash  
Mixed vegetable salad  
Bread      Butter  
Pineapple  
Milk      Coffee



### THURSDAY

*Breakfast*  
Orange slices  
Soft boiled egg  
Broiled Canadian-style bacon  
Toast      Butter  
Coffee

*Lunch*  
Green peppers stuffed with ground meat  
Apple and celery salad  
Bread      Butter  
Milk      Tea

*Dinner*  
Beef bouillon  
Corned beef  
Cabbage  
Tossed salad  
Rye bread      Butter  
Sliced peaches  
Milk      Coffee

### SUNDAY

*Breakfast*  
Grapefruit sections  
Broiled ham with poached egg  
Whole wheat toast      Butter  
Coffee

*Luncheon or Supper*  
Assorted cold meats  
Tossed green salad  
Rye bread      Butter  
Strawberries  
Milk      Tea



### FRIDAY \*

*Breakfast*  
Grapefruit juice  
Egg in nest on Canadian-style bacon  
Toast      Butter  
Coffee



*Lunch*  
Tongue and spinach  
Pickled beet salad  
Pumpnickel      Butter  
Raspberries  
Milk      Tea

*Dinner*  
Consommé  
Lamb shanks  
Broccoli  
Carrot sticks and celery curls  
Bread      Butter  
Honeydew melon  
Milk      Coffee

### SATURDAY

*Breakfast*  
Tangerine juice  
Poached eggs  
Broiled Canadian-style bacon  
Toast      Butter  
Coffee

*Lunch*  
Veal luncheon meat  
Stewed tomatoes  
Red cabbage and apple salad  
Bread      Butter  
Milk      Tea

*Dinner*  
Jellied consommé  
Pork tenderloin  
Diced turnips  
Asparagus salad  
Bread      Butter  
Apricots  
Milk      Coffee



*Dinner*  
Consommé  
Roast beef  
Asparagus tips  
Beet and onion salad  
Bread      Butter  
Cherries  
Milk      Coffee

\* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.





## Suggested Menus For Your Diet



### MONDAY

#### Breakfast

Orange juice  
Poached egg  
Toast  
Frizzled dried beef  
Coffee

#### Lunch

Cold roast veal  
Stewed tomatoes  
Endive salad  
Bread  
Milk  
Grapes  
Butter  
Tea

#### Dinner

Barbecued pork hearts  
Mashed rutabagas  
Hearts of lettuce salad  
Whole wheat bread  
Milk  
Butter  
Broiled grapefruit  
Coffee

### TUESDAY

#### Breakfast

Honeydew melon  
Soft boiled egg  
Broiled Canadian-style bacon  
Toast  
Coffee

#### Lunch

Broiled sweetbreads  
Broiled tomatoes  
Pineapple and cottage cheese  
Bread  
Milk  
Butter  
Tea

#### Dinner

Roast leg of lamb  
Brussels sprouts  
Bread  
Milk  
Blueberries  
Butter  
Coffee



#### Breakfast

Cantaloupe  
Shirred eggs with diced ham  
Whole wheat toast  
Butter  
Coffee



### WEDNESDAY

#### Breakfast

Grapefruit juice  
Coddled egg  
Toast  
Broiled ham slice  
Coffee

#### Lunch

Cold roast lamb  
String beans  
Bread  
Milk  
Carrot sticks  
Butter  
Steamed apple  
Tea

#### Dinner

Consomme  
Veal steak with stewed tomatoes  
Mixed green salad  
Rye bread  
Milk  
Sliced peaches  
Butter  
Coffee

### THURSDAY

#### Breakfast

Apricots  
Poached egg on toast  
Broiled Canadian-style bacon  
Coffee

#### Lunch

Assorted cold meats  
Pickled beets  
Artichoke hearts  
Bread  
Milk  
Pineapple  
Butter  
Tea

#### Dinner

Beef pot roast  
Whole carrots  
Assorted relishes  
Bread  
Milk  
Raspberries  
Butter  
Coffee

### SUNDAY

#### Luncheon or supper

Broiled frankfurters  
Beets  
Cole slaw  
Bread  
Milk  
Plums  
Butter  
Tea

### FRIDAY \*

#### Breakfast

Orange juice  
Baked egg in Canadian-style bacon cup  
Toast  
Butter  
Coffee

#### Lunch

Deviled beef slices  
Seven minute cabbage  
Carrot and celery salad  
Bread  
Milk  
Grapes  
Butter  
Tea

#### Dinner

Clear broth  
Broiled beef steak  
Baked onion  
Sliced tomato salad  
Rye bread  
Milk  
Butter  
Watermelon  
Coffee

### SATURDAY

#### Breakfast

Tomato juice  
Soft boiled eggs  
Broiled Canadian-style bacon  
Whole wheat toast  
Butter  
Coffee

#### Lunch

Broiled kidney  
Diced carrots  
Mixed vegetable salad  
Bread  
Milk  
Cherries  
Butter  
Tea

#### Dinner

Tomato bouillon  
Meat loaf  
Asparagus spears  
Cauliflower on tomato salad  
Bread  
Milk  
grapefruit  
Butter  
Coffee



#### Dinner

Clear vegetable soup  
Rolled shoulder of veal  
Baked eggplant  
Celery curls  
Bread  
Milk  
Radish roses  
Strawberries  
Butter  
Coffee

\* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



# Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
<b>MEAT</b>				
<b>Beef</b>				
Corned	4	2 sl. 7" x 2" x 1/4"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2 1/4" x 2" x 1 1/4"	22.3	262
Round	4	Pc. 3 1/2" x 2 1/4" x 1 1/4"	23.2	233
Shank	4	Pc. 3 1/4" x 2 1/2" x 1 1/4"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3 1/2" x 1 1/4"	22.3	262
Loin	4	Sl. 5 1/2" x 3" x 1 1/4"	20.3	352
Rib	4	Sl. 5 1/2" x 3" x 1 1/4"	20.9	332
Round	4	Sl. 5" x 3 1/2" x 1 1/4"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2 1/4" x 1 1/4"	23.9	181
Rib	4	Pc. 5" x 3 1/2" x 1 1/4"	20.9	332
Round	4	Pc. 3" x 3" x 1 1/4"	23.2	233
Stews				
Chuck	4	3 pc. 1 1/2" x 1 1/4" x 1 1/4"	22.3	262
Shank	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	24.4	194
Stew meat (av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400
<b>Lamb</b>				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x 1 1/4"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x 1 1/4"	21.6	276
Shoulder	4	Sl. 5" x 3" x 1 1/4"	18.7	348
<b>Pork, fresh</b>				
Chops and steaks				
Leg (ham)	4	Pc. 3 1/2" x 3" x 1 1/4"	18.2	408
Loin	4	Chop 3/4" th.	19.7	349
Shoulder	4	Pc. 4 1/2" x 3 1/2" x 3/8"	16.1	464
Roasts				
Boston butt	4	Sl. 4 1/2" x 3 1/2" x 3/8"	19.9	327
Loin	4	Sl. 3/4" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
<b>Pork, cured</b>				
Bacon, Canadian style	1	Sl. 2 1/4" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4 1/4" x 4" x 1 1/4"	10.6	147
<b>Veal</b>				
Chops				
Loin	4	Chop 5/8" th.	23.0	211
Rib	4	Chop 3/4" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2 1/4" x 1 1/4"	22.9	223
Loin	4	Sl. 4" x 2 1/4" x 1 1/4"	23.0	211
Rib	4	Sl. 4" x 2 1/4" x 1 1/4"	22.6	241
Shoulder	4	Sl. 5" x 3" x 1 1/4"	23.3	202
Steaks				
Cutlet (round)	4	Pc. 4" x 2 1/4" x 1 1/4"	23.4	191
Shoulder	4	Pc. 5" x 3" x 1 1/4"	23.3	202
Sirloin	4	Pc. 4" x 2 1/4" x 1 1/4"	23.0	211
Stew (breast)	4	4 pc. 2 1/2" x 1" x 1"	22.0	271
<b>Variety Meats</b>				
Brains (beef)	4	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152
Heart (av.)	4	1/2 ht. 3" dia. x 3 1/2" lg.	19.7	157
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/2" x 1 1/4"	20.0	161
Liver				
Beef	3	2 sl. 3" x 2 1/2" x 3/4"	17.7	119
Lamb	3	2 sl. 3 1/2" x 2" x 3/4"	18.9	118
Pork	3	2 sl. 3 1/2" x 2" x 3/4"	17.7	116
Veal	3	2 sl. 3" x 2 1/2" x 3/4"	17.1	122
Sweetbread	4	Pc. 4" x 3" x 3/4"	18.2	216
Tongue	3	3 sl. 3" x 2" x 1/4"	15.7	191
<b>Sausages and Cooked Specialties</b>				
Bologna	1	Sl. 4 1/2" dia. x 1/4" th.	4.4	65
Frankfurter	2	2 5 1/2" lg. x 3/4" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x 1/4" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3 1/2" x 1 1/4"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x 3/4" dia.	5.8	76
<b>POULTRY</b>				
<b>Chicken</b>				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	1/2 breast	21.0	110
Leg	2 1/2	1 av.	14.7	88
Thigh	2 1/2	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3 1/2	1/2 c. (diced)	23.1	139
Light meat	3	1/2 c. (diced)	20.3	106
<b>Turkey</b>				
Roast				
Dark meat	3 1/2	Sl. 4" x 3" x 1 1/2"	23.2	177
Light meat	3 1/2	Sl. 4" x 3" x 1 1/2"	24.5	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
<b>FISH</b>				
Bass	4	1 sm. fish	27.3	113
Clams	3 1/2	5 med.	12.8	77
Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
Crab, canned	3	3/2 c.	16.1	94
Finnan haddie	3 1/2	3/4 c.	23.2	96
Flounder	3 1/2	Pc. 4" x 3" x 3/8"	19.0	79
Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	17.2	72
Halibut	4	Pc. 4" x 3" x 1 1/2"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	1/2 c.	15.6	74
Fresh	2 1/2	1 av.	12.2	63
Mackerel	2 1/2	1/4 fish 7" lg.	14.3	119
Oysters	3 1/2	5 med.	6.0	50
Perch	4	2 fish 4 1/2" lg.	23.4	102
Salmon				
Canned	3 1/2	2/3 c.	24.7	203
Fresh	3	Pc. 2 1/2" x 2 1/2" x 7/8"	15.7	196
Shrimps, can'd	2	3/8 c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3 1/4" x 3" x 1 1/2"	25.2	165
<b>MILK AND DAIRY PRODUCTS</b>				
Butter	3/8		.1	73
Cheese, cottage	2	1/4 c.	9.6	51
Cream, coffee	1/2	1 T	.4	29

## HEIGHT, WEIGHT, AGE TABLE\*

For Adolescents and Young Adults  
(Ages 15-24 Years)

\* Metropolitan Life Insurance Company statistics.

### MEN

Height		Weight	
Ft.	In.	15-19	20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

### WOMEN

Height		Weight	
Ft.	In.	15-19	20-24
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157



## Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk					Lettuce				
Buttermilk	7	1 gl.	7.0	72	Head	3½	¾ head 4" dia.	1.2	18
Evaporated	4	¾ c.	8.4	167		¾	1 leaf	.2	3
Skim	7	1 gl.	7.0	72	Leaf	½	2 leaves	.1	2
Whole	7	1 gl.	7.0	138	Mushrooms	3½	5 caps 2¼" dia.	2.6	15
Eggs	1¾	1 med.	6.4	79	Okra	2	5 pods	1.0	21
POTATOES,					Onions				
White	2	1 small 2½" lg. x 2" dia.	1.2	51	Dried	3	1 onion 2" dia.	1.2	42
VEGETABLES					Green	¾	3 med.	.2	7
Artichokes	3½	½ lge.	2.9	63	Parsley	¾	2 sprigs	.1	1
Asparagus	3½	7 stalks 6" long	2.3	27	Pumpkin	3½	½ c.	1.2	36
Beans, string	3½	¾ c.	2.4	42	Radishes	1	3 radishes 1" dia.	.4	7
Beet greens	3½	½ c.	2.0	33	Rutabagas	3½	½ c.	1.1	41
Beets	3½	¾ c. or 2 1¾" dia.	1.6	46	Sauerkraut	3½	¾ c.	1.1	18
Broccoli	3½	2 stalks 5" lg.	3.3	37	Spinach	3½	¾ c.	2.3	25
Brussels sprts.	3½	¾ c.	4.4	58	Squash				
Cabbage	3½	1½ hd 4½" dia.	1.4	29	Summer	3½	½ c.	.6	19
Carrots	3½	2 carrots 5" lg.	1.2	45	Winter	3½	½ c.	1.5	44
Cauliflower	3½	¾ c.	2.4	31	Tomatoes				
Celery	¾	Pc. 8½" lg. or 2 hts.	.2	3	Canned	3½	½ c.	1.2	25
Chard, Swiss	3½	¾ c.	1.4	25	Fresh	3½	1 tomato 2" dia.	1.0	23
Chicory	1	10 sm. leaves	.4	7	Juice, canned	4	½ c.	1.2	28
Cucumbers	2	8 sl. ¾" th.	.4	7	Turnip greens	3½	½ c.	2.9	37
Eggplant	2	Sl. 3½" dia. x ¾" th.	.7	17	Turnips				
Endive, French	2	2 stalks	.8	11	White	3½	¾ c.	1.1	35
Green pepper	¾	¾ c. or pc. 4" x 1¾"	.2	4	Yellow (see rutabagas)				
Kohlrabi	3½	¾ c. (diced)	2.1	36	PICKLES				

### IDEAL WEIGHTS FOR ADULTS\*

Ages 25 Years and Over

#### MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

#### WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Olives				
Green	1/6	1 med.	.1	7
Ripe	½	1 lge.	.2	23
Pickles				
Dill	2	½ pkle. 5" lg. x 1½" dia.	.3	7
Sweet	½	1 pkle. 2½" lg. x ¾" dia.	.2	21

#### BREAD AND CEREAL PRODUCTS

Cereals				
Bran, whole	¾	½ c.	2.5	67
Cornflakes	¾	¾ c.	1.3	56
Farina,				
enriched	¾	½ c. (sc. 2 T. dry)	2.3	71
Oatmeal	¾	½ c. (¾ c. dry)	3.1	77
Rice				
Puffed	½	¾ c.	.7	36
White	1	¾ c. (2 T. dry)	2.3	105
Wheat				
Flakes	¾	¾ c.	2.4	74
Puffed	½	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	¾	Sl. 4" x 3½" x ½"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enrch	¾	1 sl. (com'l) thin	1.6	50
Whole wheat	¾	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	¾	1 cracker 3" sq.	1.0	54
Saltine	¾	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2¾" x 2½"	.6	25
Zwieback	¼	1 pc. 3¼" x 1¼" x ¼"	.9	33

#### BEVERAGES

Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0

#### FRUITS

Apples	3½	1 apple 2½" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	¾ c.	.6	68
Cantaloupe	4	¾ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ¾" dia.	1.2	87
Grapefruit	3½	½ med. 3½" dia.	.5	44
Grapes				
Concord	3½	34 av.	1.4	78
Green s'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	¾ orange 4" dia.	.5	52
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ½" th.	.4	58
Plums	2½	1 plum 1¾" dia.	.5	39
Raspberries	3	¾ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51

#### FRUIT JUICES

Grapefruit, can'd	4	¾ c.	.6	49
Orange	4	¾ c.	.7	66
Pineapple, can'd	4	¾ c.	.4	65
Tomato (see vegetables)				



# Freezing Prepared Foods

## PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reuseable, or not. If they are reuseable, a high initial cost may be justified.

**Rigid** containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

**Non-Rigid** containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

**Bags** are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

*Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.*

## GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.



# Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
<u>Fruits and vegetables</u>		<u>Meat—Continued</u>	
<u>Fruits:</u>	<i>Months</i>	<u>Cooked meat:</u>	<i>Months</i>
Cherries.....	12	Meat dinners.....	3
Peaches.....	12	Meat pie.....	3
Raspberries.....	12	Swiss steak.....	3
Strawberries.....	12		
<u>Fruit juice concentrates:</u>		<u>Poultry</u>	
Apple.....	12	<u>Chicken:</u>	
Grape.....	12	Cut-up.....	9
Orange.....	12	Livers.....	3
<u>Vegetables:</u>		Whole.....	12
Asparagus.....	8	Duck, whole.....	6
Beans.....	8	Goose, whole.....	6
Cauliflower.....	8	<u>Turkey:</u>	
Corn.....	8	Cut-up.....	6
Peas.....	8	Whole.....	12
Spinach.....	8	<u>Cooked chicken and turkey:</u>	
		Chicken or turkey dinners	
<u>Baked goods</u>		(sliced meat and gravy).....	6
<u>Bread and yeast rolls:</u>		Chicken or turkey pies... ..	6
White bread.....	3	Fried chicken.....	4
Cinnamon rolls.....	2	Fried chicken dinners... ..	4
Plain rolls.....	3		
<u>Cakes:</u>		<u>Fish and shellfish</u>	
Angel.....	2	<u>Fish:</u>	
Chiffon.....	2	<u>Fillets:</u>	
Chocolate layer.....	4	Cod, flounder, had-	
Fruit.....	12	dock, halibut,	
Pound.....	6	pollack.....	6
Yellow.....	6	Mullet, ocean perch,	
Danish pastry.....	3	sea trout, striped	
<u>Doughnuts:</u>		bass.....	3
Cake type.....	3	Pacific Ocean perch.....	2
Yeast raised.....	3	Salmon steaks.....	2
<u>Pies (unbaked):</u>		Sea trout, dressed.....	3
Apple.....	8	Striped bass, dressed.....	3
Boysenberry.....	8	Whiting, drawn.....	4
Cherry.....	8	<u>Shellfish:</u>	
Peach.....	8	Clams, shucked.....	3
		<u>Crabmeat:</u>	
<u>Meat</u>		Dungeness.....	3
<u>Beef:</u>		King.....	10
Hamburger or chipped		Oysters, shucked.....	4
(thin) steaks.....	4	Shrimp.....	12
Roasts.....	12	<u>Cooked fish and shellfish:</u>	
Steaks.....	12	Fish with cheese sauce... ..	3
<u>Lamb:</u>		Fish with lemon butter	
Patties (ground meat).....	4	sauce.....	3
Roasts.....	9	Fried fish dinner.....	3
<u>Pork, cured:</u>		Fried fish sticks, scallops,	
Pork, fresh:		or shrimp.....	3
Chops.....	4	Shrimp creole.....	3
Roasts.....	8	Tuna pie.....	3
Sausage.....	2		
<u>Veal:</u>		<u>Frozen desserts</u>	
Cutlets, chops.....	9	Ice cream.....	1
Roasts.....	9	Sherbet.....	1



# How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY *
LENGTH	inches	millimeters	25
	feet	centimeters	30
	yards	meters	0.9
	miles	kilometers	1.6
AREA	square inches	square centimeters	6.5
	square feet	square meters	0.09
	square yards	square meters	0.8
	square miles	square kilometers	2.6
MASS	ounces	grams	28
	pounds	kilograms	0.45
LIQUID VOLUME	ounces	milliliters	30
	pints	liters	0.47
	quarts	liters	0.95
	gallons	liters	3.8
TEMP	degrees Fahrenheit	degrees Celsius	5/9 (after subtracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples :

**kilo** means a thousand.

Example : a kilometre is a thousand metres.

**centi** means a hundredth.

Example : a centimetre is a hundredth of a metre.

**milli** means a thousandth.

Example : a millimetre is a thousandth of a metre.

**metre**

for length

**litre**

for liquids

**kilogram**

for weighing

**°C**

for temperature



## MEASUREMENTS AND WEIGHT

### Equipment

3 teaspoons	15 ml	=	1 tablespoon	15 ml
4 tablespoons	60 ml	=	¼ cup	60 ml
5-1/3 tablespoons	79 ml	=	1/3 cup	79 ml
8 tablespoons	118 ml	=	½ cup	118 ml
16 tablespoons	237 ml	=	1 cup	237 ml
1 fluid ounce	30 ml	=	2 tablespoons	30 ml
8 fluid ounces	237 ml	=	1 cup	237 ml
16 fluid ounces	473 ml	=	2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	=	4 cups or 1 quart	946 ml

### Food

1 cup butter or margarine	237 ml	=	½ pound	227 g
1 cup Cheddar cheese grated	237 ml	=	¼ pound	114 g
1 cup eggs	237 ml	=	4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	=	¼ pound	114 g
1 envelope of gelatin (unflavored)		=	¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	=	½ pound	227 g
1 medium lemon (juice)		=	1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	=	¼ pound	114 g

### Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

### Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l



# *To Remove* **STAINS** *From Washables*

## **ALCOHOLIC BEVERAGES**

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

## **BLOOD**

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

## **CANDLE WAX**

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

## **CHEWING GUM**

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

## **CHOCOLATE AND COCOA**

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

## **COFFEE**

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

## **CRAYON**

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

**NOTE:** If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

## **DEODORANTS**

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

## **DYE**

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary **BEFORE** drying. On whites use color remover.

**CAUTION:** Do not use color remover in washer, or around washer and dryer as it may damage the finish.



# *To Remove* **STAINS** *From Washables*

## **EGG**

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

## **FRUIT AND FRUIT JUICES**

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

## **GRASS**

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

## **GREASE, OIL, TAR**

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

## **INK—BALL-POINT PEN**

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

## **INK—FOUNTAIN PEN**

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains. **CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.**

## **LIPSTICK**

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

## **MEAT JUICES**

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

## **MILDEW**

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

**NOTE:** Mildew is very hard to remove; treat promptly.



# *To Remove* **STAINS** *From Washables*

## **MILK, CREAM, ICE CREAM**

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

## **NAIL POLISH**

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

## **PAINT**

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

## **PERSPIRATION**

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

## **RUST**

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

**CAUTION:** HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

## **SCORCH**

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

**CAUTION:** Severe scorching cannot be removed because of fabric damage.

## **SOFT DRINKS**

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

## **TEA**

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.



# Words

The six most important words in the English language  
 I admit I made a mistake  
 The five most important words You did a good job  
 The four most important words What is your opinion?  
 The three most important words If you please  
 The two most important words Thank you  
 The one most important word We  
 The one least important word I

# More Words

Happiness is like potato salad — when you share it with others, it's a picnic  
 Just about the time you think you can make ends meet, somebody moves the ends  
 Be careful how you live — you may be the only bible some people read  
 A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations

# Birthdays

Monday's child is fair of face,  
 Tuesday's child is full of grace,  
 Wednesday's child is loving and giving,  
 Thursday's child works hard for a living.

Friday's child is full of woe,  
 Saturday's child has far to go,  
 But the child that is born on the Sabbath day  
 Is brave and bonny, and good and gay

## PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Table of Dominical Letters					Month					Dominical Letter						
Year of the Century	Centuries				January, October Feb. Mar. Nov Jan. Apr. July May June February, August Sept. Dec					A	B	C	D	E	F	G
	1700	1800	1900	2000						D	E	F	G	A	B	C
*0	*28	*56	*84	C	E	G	A	1	8	Su	Sa	F	Th	W	Tu	M
1	29	57	85	B	D	F	G	2	9	M	Su	Sa	F	Th	W	Tu
2	30	58	86	A	C	E	F	3	10	Tu	M	Su	Sa	F	Th	W
3	31	59	87	G	B	D	E	4	11	W	Tu	M	Su	Sa	F	Th
*4	*32	*60	*88	E	G	B	C	5	12	Th	W	Tu	M	Su	Sa	F
5	33	61	89	D	F	A	B	6	13	F	Th	W	Tu	M	Su	Sa
6	34	62	90	C	E	G	A	7	14	Sa	F	Th	W	Tu	M	Su
7	35	63	91	B	D	F	G									
*8	*36	*64	*92	G	B	D	E									
9	37	65	93	F	A	C	D									
10	38	66	94	E	G	B	C									
11	39	67	95	D	F	A	B									
*12	*40	*68	*96	B	D	F	G									
13	41	69	97	A	C	E	F									
14	42	70	98	G	B	D	E									
15	43	71	99	F	A	C	D									
*16	*44	*72		D	F	A	B									
17	45	73		C	E	G	A									
18	46	74		B	D	F	G									
19	47	75		A	C	E	F									
*20	*48	*76		F	A	C	D									
21	49	77		E	G	B	C									
22	50	78		D	F	A	B									
23	51	79		C	E	G	A									
*24	*52	*80		A	C	E	F									
25	53	81		G	B	D	E									
26	54	82		F	A	C	D									
27	55	83		E	G	B	C									

## EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right in the proper column under the heading *Centuries* will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

## EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D". After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For January 1, 1876, the Dominical Letter is "A". Under "A" and in line with 1 is Saturday.



# FIRST AID FOR POISONING

In ALL cases it is important to get the poison out or to dilute the poison. REMEMBER — If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison). Always call for help promptly.

## CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

### SWALLOWED POISONS

1. Make patient vomit, if so directed, BUT NOT IF:
  - Patient is unconscious or is having fits.
  - Swallowed poison is a strong corrosive such as acid or lye. Give liquids.
  - Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.
2. Directions for making patient vomit (if physician orders):
  - Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.
  - If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.
3. Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.

**EYE OR SKIN CONTACT** — Wash thoroughly with tap water.

**INHALATION** — Remove from exposure to fumes.

## CALL FOR HELP PROMPTLY

\_\_\_\_\_  
Doctor's Home Phone

\_\_\_\_\_  
Doctor's Office Phone

**IF YOUR DOCTOR IS NOT AVAILABLE CALL**

POISON CONTROL CENTER \_\_\_\_\_ HOSPITAL \_\_\_\_\_

POLICE \_\_\_\_\_ RESCUE SQUAD \_\_\_\_\_

Be sure to have 1 oz. Syrup of Ipecac in your home.



## FIRST AID IN HOUSEHOLD EMERGENCIES



**POISONING:** When a poison has been taken internally, start first aid at once. Call doctor immediately.

- Dilute poison with large amounts of liquids — milk, or water.

- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.

- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.

- For alkali poisons such as lye or ammonia, do not induce vomiting.

- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.

- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.

- If breathing stops, give artificial respiration.

**SHOCK:** Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down, preferably with head lower than body.

- Don't give fluids unless delayed in getting to doctor, then give only water (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)

- Never give liquid to an unconscious person. Patient must be alert.

- Cover victim both under and around his body.

- Do not permit victim to become abnormally hot.

- Reassure victim and avoid letting him see other victims, or his own injury.

- Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

**FRACTURES:** Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

**BURNS:** Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

**WOUNDS: Minor Cuts—**Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds—**Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

**ANIMAL BITES:** Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

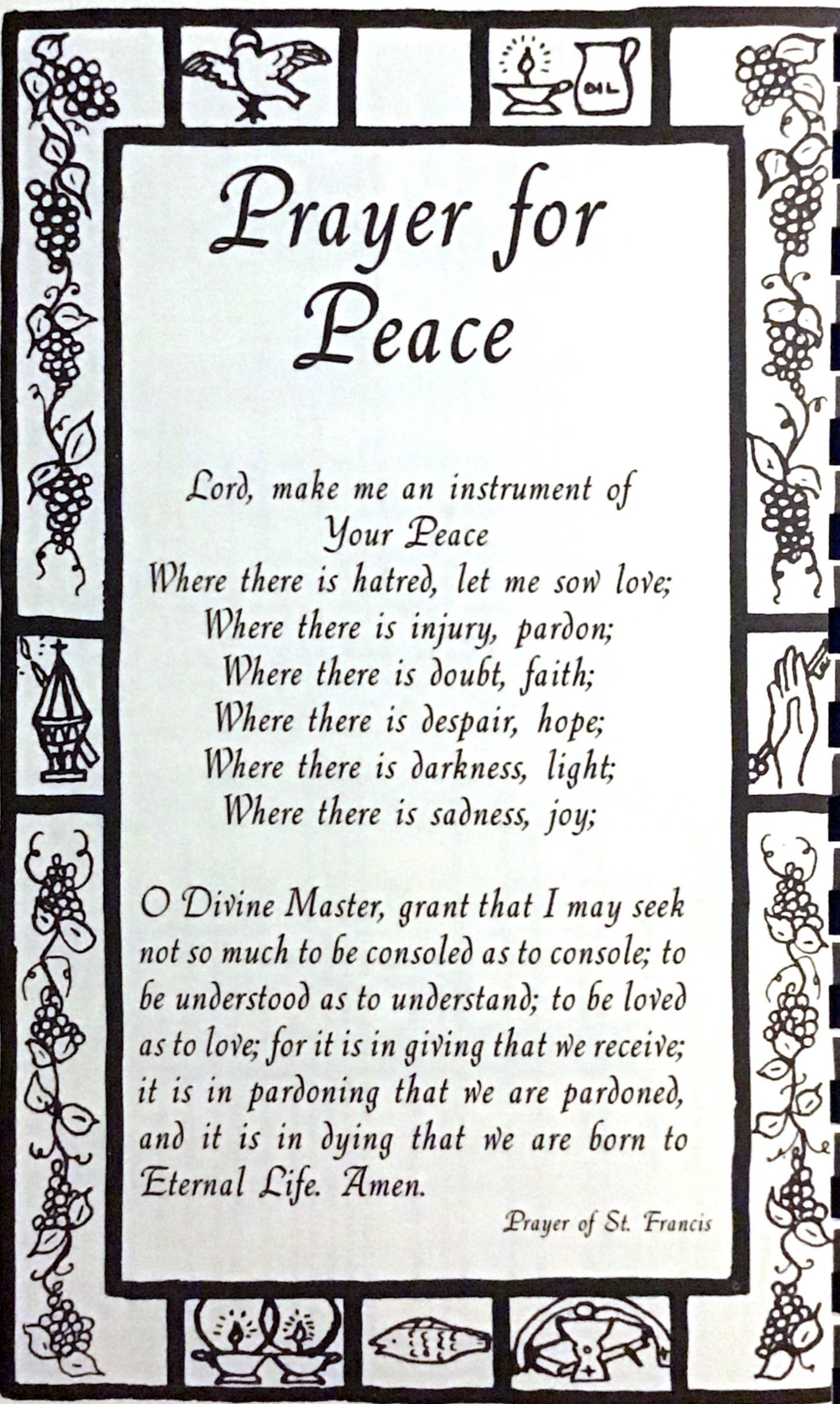
**HEAT EXHAUSTION:** Caused by exposure to heat or sun. Symptoms: Pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

**Treatment:** Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp salt to 1 glass water) ½ glass every 15 minutes. Call doctor.

## GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.





# Prayer for Peace

*Lord, make me an instrument of  
Your Peace*

*Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy;*

*O Divine Master, grant that I may seek  
not so much to be consoled as to console; to  
be understood as to understand; to be loved  
as to love; for it is in giving that we receive;  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to  
Eternal Life. Amen.*

*Prayer of St. Francis*



# Favorite Family Recipes



## Expression of Appreciation

The Mother's Club of St. Wenceslaus Church wishes to thank all who have helped in the preparation of this cook book by way of sharing their favorite recipes with us. We hope that everyone has as much fun using it as we have had putting it together for you.

We have endeavored to combine the practical with the unusual in order to provide an outstanding book of favorite foods that will be treasured and enjoyed by all.

APPETIZERS,  
PICKLES AND RELISH

SOUPS, SALADS,  
DRESSINGS AND SAUCES

MAIN DISHES -  
MEAT, SEAFOOD  
AND POULTRY

MAIN DISHES -  
EGG, CHEESE,  
PASTA AND CASSEROLE

VEGETABLES

BREAD, ROLLS,  
PIES AND PASTRY

CAKES, COOKIES  
AND ICINGS

DESSERTS

CANDY, JELLY,  
JAM AND PRESERVES

BEVERAGES  
AND MISCELLANEOUS



A PERSONALIZED COOK BOOK  
IS A GIFT THAT'S APPRECIATED  
FOR ALL OCCASIONS



ORDER SEVERAL  
FOR GIFTS  
WHILE THEY ARE STILL AVAILABLE



# APPETIZERS PICKLES • RELISH





# Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.



## APPETIZERS, PICKLES, RELISH

### CRAB MELT A-WAYS

Celeste N. Goldbeck

1 lb. crabmeat  
3/4 stick margarine (soft)  
4 Tbsp. mayonnaise

1 tsp. onion salt  
1 tsp. garlic salt  
2 jars Old English sharp cheddar  
(or Cheez Whiz)

Use 12 English muffins.

Mix all the ingredients, then add crabmeat. Mound on each muffin half. Divide each half in quarters.

Freeze.

When ready to serve, broil 3 minutes straight from the freezer.

### DIPS

1 pkg. Knorr's Vegetable Soup Mix	1 c. sour cream
8 oz. (1 can) water chestnuts, drained	1 c. Hellmann's mayonnaise
	1 pkg. Frozen chopped spinach

Cook spinach till thawed, drain, cool, squeeze out extra water.

Slice chestnuts, mix all ingredients together.

Prepare 2 days before serving.

Right before serving: Cut the center out from 1 pound loaf of round rye and fill with dip.

Write an extra recipe here:



Write your extra recipes here:



**SOUPS  
SALADS  
SAUCES  
DRESSINGS**





# Salads and Salad Dressings



## *For Appeal To The Appetite*

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

## *Fruit Combinations*

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

## *Fruit and Vegetable Combinations*

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

## *Vegetable Combinations*

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.



## SOUPS, SALADS, SAUCES, DRESSINGS

### **BROWN FLOUR SOUP**

1 1/2 qt. water                      salt and pepper to taste  
4 Tbsp. roux

Bring to a boil and pour in egg drippings.  
Eat with side dish of buttered potatoes.

### **EGG DRIPPINGS OR KAPANIE**

Marie Urban

Beat together:

1 egg                                      1/3 c. or more of flour  
1/2 egg shell water                      (4 heaping Tbsp.)

This should be poured into the boiled soup in a steady stream.  
It should look like thin noodles.

If puffy, add about 1 teaspoon flour. If too thick, add a little water.

Can be used in any soup.

### **KAPRI POLEVKA (CARP SOUP)**

(A Czech Christmas)

1/2 onion, chopped	2 bay leaves
1 medium-sized carrot, chopped	1/2 tsp. thyme
1 small parsnip, chopped	1/4 tsp. salt
1 stalk celery, chopped	1/2 tsp. pepper
4 Tbsp. butter	1 carp head and 2 lb. fish bones, thoroughly washed

Simmer: 30 minutes.

1 1/2 Tbsp. butter                      1/2 c. heavy cream  
1 1/2 Tbsp. flour

Simmer: 5 minutes

Simmer carp roe 5 minutes.

Use croutons sauteed in butter.

Saute onion, carrot, parsnip and celery with butter, add bay leaves, thyme, salt, pepper, carp head and fish bones. Cover with about 5 cups water; simmer for 1/2 hour. Strain; add salt and pepper to taste, then butter blended with flour; cook,

(Cont.)



stirring until thickened.

Add heavy cream and simmer for another 5 minutes.

Meanwhile, cook carp roe in water for 5 minutes. Remove skin from roe and add to soup.

Serve with croutons sauteed in a little butter.

Servings: 8.

## **CZECH DILL GRAVY**

**Joan Hudecek**

(Koprova omacka)

(Served with boiled lean beef and bread dumplings in Czechoslovakia.)

2 Tbsp. each butter and minced onion	1 c. milk
3 Tbsp. flour	1/2 c. finely chopped fresh dill
1 c. beef soup (or bouillon broth)	1/4 c. (or slightly less) vinegar
	1/4 tsp. salt
	1/4 tsp. white pepper

Melt butter in saucepan.

Add onions and saute until tender (but not brown). Stir in flour and quickly add milk and soup, stirring constantly.

Cook for about 10 minutes, until gravy is thickened.

Stir in dill and vinegar and continue cooking 5 - 8 minutes longer. Add salt and pepper.

(If desired, for extra richness, instead of 1 cup of milk, use 1 1/2 cups of milk and 1/2 cup of sour cream.)

This gravy can be frozen for later use.

## **LIVER DUMPLING SOUP**

**Mildred Bittman**

1 beef bone	2 stems of parsley
3 qt. water	6 oz. tomatoes
3 carrots	1 lb. ground beef liver
4 large stalks celery	2 eggs
1 medium onion	

Put first 7 ingredients in a pot and cook until you have a good beef stock.

While this is cooking, combine 1 pound beef liver, 2 eggs, 2 tablespoons chopped parsley and salt and pepper to taste.

Add 1/2 small onion that has been chopped and fried in butter.

Add enough bread crumbs and 2 tablespoons of flour to make a stiff dough.

Add to the boiling broth, dumplings the size of a walnut. Boil about 5 minutes.



## **LIVER DUMPLINGS**

(Jatrove Knedlicky)

**Mrs. Louis Tauber**

1 oz. butter  
1 egg  
pinch salt  
pinch marjoram  
pepper

1 clove garlic  
4 oz. liver  
parsley  
bread crumbs

Mix piece of butter with 1 egg, add salt, pepper, marjoram and small clove of garlic, minced very fine.

Use about 4 ounces of liver scraped on a board. Make sure veins and membranes are removed.

Add bread crumbs so dumpling can be made. Add chopped parsley and mix well. Taste to see if more salt is needed.

Make small dumplings and cook in soup about 10 minutes (depending on size).

## **LIVER DUMPLINGS**

**Christine Blaskis**

1 lb. beef liver, deveined  
1 clove garlic  
1 small onion

fresh parsley to taste (about 3  
sprigs or a little more or less)

Grind all together and add 1 egg and 1 teaspoon salt.

Add flour, start with 1 cup and add more as needed to make a soft ball.

Drop dumplings by spoonful in boiling beef broth, cover and cook about 10 to 12 minutes, depending on size.

## **LIVER DUMPLING SOUP**

(Jaterny knedlickova bolevka)

**Pat Babor**

1 c. ground liver (raw)  
1 c. sifted dry crumbs  
2 eggs  
1/4 c. chopped parsley  
1 tsp. salt

1/8 tsp. pepper  
1/8 tsp. mace  
1/8 tsp. marjoram  
1 minced clove of garlic

Mix all together and shape into 1-inch balls and drop into boiling beef broth for 1/2 hour.



## **OXTAIL STEW**

Mildred Bittman

Put 2 oxtails in a pot with enough water to cover. Add salt to taste and add 4 tablespoons vinegar.

Add 1 large onion, sliced.

Add 2 bay leaves.

Cook slowly until tender.

Take 2 tablespoons flour, stir in cold water and add to stew. Boil about 10 minutes.

## **BOHEMIAN POTATO SOUP**

Marie Urban

1 1/2 qt. water

4 or 5 potatoes, peeled and  
diced

1/2 tsp. caraway seeds

salt and pepper to taste

2 or 3 Tbsp. roux

Cook this mixture until potatoes are done.

Combine and fry:

1 medium or large onion, diced      2 or 3 Tbsp. butter

Add fried onion to the soup along with 1 clove of mashed garlic. Bring to a boil and add 1 beaten egg poured in to give a marble effect.

If soup doesn't look thick enough, mash some of the potatoes. Barley and mushrooms can be added, also.

## **POTATO DUMPLINGS**

(Bramborove Knedlicky)

2 c. boiled and mashed potatoes      2 Tbsp. farina

1 egg and 1 yolk

1 1/4 c. flour

1 1/4 tsp. salt

Mix all above ingredients together.

Shape into 9 dumplings and drop into boiling water. Cook for 10 minutes.

## **LIVER DUMPLING SOUP**

(Polevka s Jatrovyni Knedlicky)

Mary Vesely Nerud

1/2 lb. beef liver or chicken liver      1 egg

1 small onion

salt and pepper

2 cloves fresh garlic

flour

1 1/2 c. soda cracker crumbs

4 qt. beef broth

1/4 tsp. marjoram

saffron leaves (a few)



Grind raw liver, onion and garlic.

Add eggs and crumbs; salt and pepper to taste, add marjoram.

Add enough flour to the mixture until thick enough to drop from teaspoon. (If not too thick, the dumplings are tastier.)

Have beef broth ready and boiling. Drop dumplings in by spoonful. Boil 15 minutes or until dumplings are done.

Add a few saffron leaves and let stand a few minutes before serving.

## SHRIMP MOLD

Mildred Roh

Melt together over low heat:

1 can tomato soup  
8 oz. cream cheese

1 envelope Knox gelatin

Add:

1 c. mayonnaise  
1/2 c. fine chopped celery

1/2 c. fine chopped onions  
1 lb. cooked cut-up shrimp

Pour in jello mold greased with mayonnaise and chill overnight.

## STRINGBEAN SOUP

Marie Urban

2 qt. water with fresh beans  
or 1 1/2 qt. water with 1 qt,  
1 lb. or 2 cans stringbeans  
with juice  
3 or 4 peeled diced potatoes  
1 ham bone with meat

1 medium onion  
salt  
1 small bay leaf  
4 or 5 whole allspice  
2 Tbsp. vinegar  
3 Tbsp. roux

Cook all together until vegetables are done, then add flour and milk thickening, about:

2 Tbsp. flour

1/2 c. milk

Bring to a boil and add more ham pieces if available.

## RAJSKI OMACKA

Joan Hudecek

1 medium can tomatoes  
1/2 tsp. salt  
1 tsp. dill seed

1 bay leaf  
6 whole spice

Cook until tomatoes are soft.

(Cont.)



Add 1 small can tomato sauce.

Make a roux of flour and margarine and add to tomato mixture until desired thickness.

Strain and serve.

## **TOMATO VOMACHKA**

**Mary Zamostny**

1 pt. tomatoes (fresh or  
canned)

1/2 c. water

1 onion

salt, pepper and vinegar to  
taste

3 Tbsp. sugar (more or less to  
taste)

1 tsp. mixed pickling spice  
(except whole cloves)

2 level Tbsp. browned flour

Cook together for 1 hour everything but the browned flour and vinegar. Strain, add the vinegar and browned flour, cook for about 5 minutes.

Serve with soup meat and dumplings.

## **TOMATO VOMACHKA**

**Marie Urban**

1 qt. or 1 large can tomato  
puree

1 small bay leaf

5 whole allspice

1 medium onion, cut up

Cook for about 20 or 30 minutes over slow heat.

Make soup out of beef cubes or a piece of lean chuck roast, adding salt and pepper and onion to water.

Add this broth to the tomato mixture along with 2 or 3 tablespoons of roux and 3 tablespoons or more of sugar.

Bring to a slow boil, stirring often so roux would not stick.

Make a thickening of the following mixed together:

1 or 2 Tbsp. flour

1/2 c. water

Pour into the gravy to make a medium thick consistency. Boil a few more minutes, if not thick enough, add more flour and water. Also add more sugar if not sweet enough.

Serve with beef and dumplings in a soup bowl.



## ROUX OR ZAPRASKA OR JISKA

Marie Urban

2 sticks margarine

1 c. flour or more

Melt butter and add flour. Keep fire low and stir constantly until roux is the color and consistency fo peanut butter.

Put in an aluminum container or bowl and keep for further use.

Write your extra recipes here:



Write your extra recipes here:



# MAIN DISHES

## MEAT · SEAFOOD

## ♡ POULTRY ♡





### How To Carve Turkey



1. Remove leg: Hold drumstick firmly, pulling gently away from body. Cut skin between leg and body. Press leg downward and cut from body. Separate drumstick and thigh; slice meat from each piece.



2. Cut into white meat parallel to wing, making a cut deep into the breast to the body frame, as close to the wing as possible.



3. Slice white meat. Beginning at front starting half way up breast, cut thin slices of white meat down to the cut. Slices will fall away from turkey as cut. Continue until enough meat has been carved for first servings. Carve more as needed.

## Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .

*"Cut across the grain"*

If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

## Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.



MAIN DISHES--  
MEAT, SEAFOOD, POULTRY

**SVICKOVA NA SMETANE**

Lydia Duda

(Fillet of Beef with Sour Cream Sauce)

3 lb. fillet of beef or eye round, rolled and tied	8 peppercorns
1/2 lb. onions, sliced	4 whole allspice
1 c. diced celery	2 bay leaves
2/3 c. diced carrots	1 tsp. salt
1 c. diced parsnips	1 tsp. black pepper
1/4 c. diced bacon	1/4 tsp. thyme
2 c. beef stock plus 1/2 c. more if needed	1 Tbsp. melted butter

The Sauce:

1 Tbsp. lemon juice	2 Tbsp. flour
2 c. sour cream	

Place beef in 4 or 5 quart casserole or saucepan. Add rest of ingredients. Dribble melted butter over meat and vegetables.

Preheat oven to 450°. Bake, uncovered, for 30 minutes, or until vegetables and meat are lightly browned, turning meat once during this time.

Lower temperature to 350°.

Bring 2 cups of stock to a boil in a saucepan and pour into casserole and bake for 1 hour longer, turning meat occasionally. Add more stock only if liquid seems to be cooking away too rapidly.

Place beef on platter and keep warm while making sauce.

Sauce: Pour contents of casserole through sieve, pressing hard on vegetables with wooden spoon before discarding them. Return stock to casserole. Bring sauce to a simmer over medium heat.

In a mixing bowl, add 2 tablespoons of sauce to sour cream, then beat in flour with wire whisk.

Stir the mixture into casserole. Cook for 3 minutes without boiling. Add lemon juice.

Serve beef sliced and sauce separately.

Serves 6.



## WHITE SOUR BEEF

Marie Urban

Put 3 pounds rump, sirloin tip or lean chuck in bowl.  
Cover with:

2 pieces celery  
1 small carrot  
1 medium onion, sliced

1 bay leaf or 5 whole allspice  
2 or 3 pinches of thyme

Pour over meat, mixed together:

1/3 c. vinegar

2/3 c. water

Let sit 24 hours in refrigerator, turning meat twice a day.  
Place meat and marinade in a roasting pan and bake at 350°, covered.

When meat is tender, remove and add 8 ounces sour cream, mixed with 1 or 2 tablespoons flour and 1 1/2 cups water to the residue in roasting pan. Cook to thicken and strain gravy.

This should have the consistency of Brown Sour Beef.

### Horseradish Sauce for Beef:

1 Tbsp. grated horseradish  
2 Tbsp. flour

salt to taste  
1/2 c. water  
1/2 c. milk

Mix together and cook until thick. Pour over beef.

## SMAZENY KAPR (FRIED CARP)

(A Czech Christmas)

3 lb. carp in 2-in. steaks  
1 1/2 tsp. salt  
flour

2 eggs  
fresh bread crumbs  
salad oil for frying

Deep fat temperature: 360°. Frying time: 10 minutes.

freshly grated horseradish  
wedges of lemon

potato salad

Servings: 8.

Sprinkle carp steaks with salt, dip lightly in flour, then in beaten eggs and fresh crumbs.

Heat oil to 360° and fry slowly for 10 minutes.

Serve with freshly grated horseradish, lemon and potato salad.



## CHICKEN PAPRIKA

Mildred Roh

3 or 4 lb. stewing chicken	1 1/2 c. water
1/2 c. onions	1/2 pt. sour cream
1/2 c. celery	1 Tbsp. paprika
salt and pepper	4 Tbsp. shortening

In pot, saute in shortening, onions and celery. Put in chicken and season with the salt, pepper and paprika. Simmer till chicken is halfway cooked, add water, cover and simmer slowly till tender.

Remove chicken, press through a strainer the celery and onions to the drippings, add the sour cream mixed with some flour to make the gravy a little thick, about 2 tablespoons.

For more gravy, add a 1/2 pint sweet cream to sour cream. Have the gravy boiling while putting in the sour cream mixture. Put chicken back in gravy.

## CHICKEN PAPRIKAS

Mary Zamostny

1 large chicken, cut up or about 8 pieces of chicken	1 tsp. pepper
1 medium onion, chopped	2 c. water
4 Tbsp. bacon fat (drippings)	3 carrots, cut in 3 or 4 pieces each
1 Tbsp. paprika	several sprigs parsley
2 tsp. salt	several stalks celery with leaves
	1/2 pt. sour cream

Brown chicken and onion in bacon fat, pour off excess. Add seasonings, water, parsley, celery, carrots. Simmer together till chicken is tender. Strain, skin and bone chicken.

Add broth to sour cream, add the chicken and carrots. Heat thoroughly - do not boil - and dust with more paprika.

Serve with dumplings of your choice.

## PEASANT CHICKEN PAPRIKAS

Marie Urban

Cook cut-up large chicken or roasting chicken with onion and salt in enough water to cover chicken until done.

Then fry 1 medium or large onion in 2 tablespoons of Crisco. When nicely browned, add 2 tablespoons of flour and a few shakes of paprika, stir some and remove from heat.

Add about 1/2 the soup to this mixture.

Mix:

1 small (8 oz.) container sour cream	7 Tbsp. flour
	1/2 c. water

(Cont.)



few dashes hot paprika

(Mix these ingredients together to a smooth paste.)

Then add a little of the onion and soup mixture into the sour cream slowly, stirring so that it doesn't lump up.

Add the rest of the soup and onion mixture, put on a slow fire and bring to a simmer stage.

At this time, it can be beaten with a rotary beater to make it smooth. If it looks too thick, add more of the plain soup or even all of it if needed.

This gravy should not be too thick or too thin.

Serve with chicken and dumplings in a soup plate.

## **CRAB CAKES**

**Lill Podzimek**

1 lb. Back Fin Crabmeat	1/4 tsp. dry mustard
4 slices of day old bread, cubed	1/4 tsp. salt
1/4 tsp. celery seeds	1 tsp. white pepper
1 egg, beaten	2 1/2 Tbsp. mayonnaise

Mix all the above ingredients except the crabmeat. Let stand for 5 minutes.

With a wooden spoon, toss the crabmeat in lightly.

Makes 8 - 10 small cakes.

## **FLICKY**

**Marie Livingston**

bacon	noodles
onions	mushrooms
green peppers	cooked ham, chicken or turkey,
celery	diced

Fry off 1/2 pound bacon - remove from pan, leaving bacon fat. Add onions, celery and pepper to fat and saute. Add diced meat and heat through.

Cook noodles (wider ones), add to other ingredients with mushrooms and crumbled bacon and mix well in a large pot.

After all the ingredients are mixed, this can be put into a large casserole and put in the oven for about 15 or 20 minutes at 325°, adding bread crumbs on top. If heating on top of the stove, you do not need the bread crumbs.



## ROAST GOOSE

Mrs. Louis Tauber

1 cleaned goose  
salt

caraway seed

Clean goose, remove giblets and salt, and add caraway seed. Put in a pan, breast side down with a little water. Roast in a medium oven, basting frequently.

Turn over, if goose is extra fat, remove fat from pan and add hot water and roast until browned.

Put some of the juice in gravy bowl.

Serve with dumplings and sauerkraut.

## GOULASH

("Gulas")

Cut 2 pounds of meat into small squares.

Fry 1 large minced onion in 2 tablespoons of butter, until golden brown.

Add the meat and the following:

salt  
4 whole cloves  
8 whole allspice  
a slice of lemon

1 bay leaf  
2 Tbsp. vinegar  
1 Tbsp. sugar

Allow it to stew.

When the meat is tender, dust with a tablespoon of flour and if quite dry, add a little hot water, 2 or 3 tablespoons catsup and a pinch of paprika.

Allow this to stew a while longer, then serve.

## DUMPLINGS

(Moucene knedliky na jiny zpirsob)

Cream 1/2 tablespoon of butter, add 3 eggs, one at a time, adding with each egg a heaping tablespoon of flour, and beat together thoroughly.

Add 6 tablespoons of milk or cream and add 1 tablespoon of flour with each tablespoon of milk, beat thoroughly and add salt.

Brown in butter 2 or 3 slices of bread, cut into dice and when cool, add to the dough.

Put in boiling salted water and cook about 20 minutes.



## GOULASH

Mary Halada

- |  |                             |
|--|-----------------------------|
| 2 Tbsp. salad oil                              | 1 Tbsp. vinegar             |
| 2 lb. boned chuck, cut into<br>1 1/2 in. cubes | 1 tsp. caraway seeds        |
| 8 medium white onions                          | 1 tsp. dried marjoram       |
| 4 pared medium carrots                         | 2 bay leaves                |
| 2 tsp. salt                                    | 1/3 c. sherry               |
| 1 Tbsp. paprika                                | 1/3 c. water                |
|  | 1/4 lb. wide noodles (2 c.) |

In hot oil in pressure pan, brown meat on all sides. Add remaining ingredients except noodles. Cook at 15 pounds pressure for 12 minutes; reduce pressure immediately.

Push meat to one side of pan; add noodles, pushing them down well into liquid. Cook at 15 pounds pressure for 8 minutes; reduce pressure at once as manufacturer directs.

Serves 4.

## BEEF GOULASH

Mrs. Louis Tauber

- |                  |                      |
|------------------|----------------------|
| 2 lb. lean beef  | 1 tsp. mustard       |
| salt             | lemon juice and rind |
| 2 Tbsp. butter   | pepper               |
| 1 onion (medium) | 1 sour pickle        |
| 1 Tbsp. flour    | 3 Tbsp. vinegar      |

Pound meat and salt.

Melt butter and brown onion, add vinegar, then add meat and brown.

Let some liquid evaporate and add flour and cook so gravy will be brown, add water, lemon rind and lemon juice, pepper, mustard and sour pickle.

Cut up into strips, cook about 1/4 hour.

## JATERNICE

Victoria V. Goldbeck

- |                              |                 |
|------------------------------|-----------------|
| 1 large hog's head           | 1 Tbsp. salt    |
| 1/2 lb. liver                | 1 tsp. marjoram |
| 1 large loaf sweet rye bread | 1/2 Tbsp. salt  |
| 1 clove garlic               |                 |

Have the eyes removed and the snout of the hog's head chopped in half.

Clean the head carefully.

Add water to cover with 1 tablespoon salt and cook until tender. Clean all the meat from the bones and grind with the liver.



Soak the bread in the broth. Squeeze out bread and put through grinder.

Mince the garlic with 1/2 tablespoon salt. Add to ground meat and bread. Add pepper and marjoram, mix well. If too thick, add a little broth. Season to taste.

Stuff skins and cook in boiling water for 5 minutes.

(This is a pudding Mrs. Goldbeck calls Baba's (grandmother's) Pudding. The pudding need not be stuffed into sausage skins. The pudding can be put into freezer bags and fried gently.)

Mrs. Goldbeck suggests that you order your hog's head from your butcher ahead of the time you plan to make the pudding.

## **JITRNICE**

20 lb. pork shoulder with bone	5 or 6 cloves garlic
15 lb. beef (chuck)	1 can marjoram
4 lb. onions	salt and pepper to taste
4 lb. liver	8 loaves bread (stale)

Cook beef and pork 3 hours; add liver and cook 15 minutes more.

Mash garlic cloves with salt.

Soak bread in water and squeeze out the excess water.

Grind pork, beef, onion, garlic and bread, add alternately.

Mix in large container; add salt, pepper and marjoram to taste.

## **BOHEMIAN LAMB AND CARROT STEW**

**Marie Urban**

1 1/2 qt. water	salt and pepper
4 large carrots, diced	3 Tbsp. roux
3 or 4 potatoes, diced	1/4 tsp. mace or nutmeg
1 lb. or more of lamb neck, rack or chops	

Cook until meat is done, then add flour and water thickening and cook for a few minutes more.

Serve in soup plates.

## **PAPRIKAS**

**Kate Kalista**

(Creamed Chicken)

2 lb. chicken wings	2 medium onions, sliced thin
1 stick margarine	

Use a large pot.

Saute onion in margarine.

Wash and clean chicken wings.

(Cont.)



Put chicken in sauteed onion and cover with 4 - 6 cups water. Bring to boil, cover and cook until tender. Remove chicken from broth and remove chicken from wings, SAVE.

In a small bowl, put 1 pint sour cream and 4 - 5 tablespoons flour. Beat well and add to boiling broth. Cook 5 - 10 minutes, strain. Add chicken and top with paprika.

Serve with potato dumplings (Knedliky).

### **KNEDLIKY (Dumplings)**

4 c. cooked potatoes, mashed	1 c. farina
3 eggs, beaten	1 c. flour and 1 tsp. baking powder
2 tsp. salt	

Cook and mash potatoes, cool. Add next 4 ingredients. Mix well, form dumplings and cook in boiling salted water. Cook about 20 minutes or until firm.

### **PIG IN BLANKET**

**Mildred Roh**

Salt and pepper thin pieces of round steak.

Piles of celery -- onions -- bacon.

Roll each piece and hold together with the thick rounded tooth-picks.

After having them all rolled up, you put in pot to simmer till the redness of meat is gone. Put in leftover celery, onions and bacon. Let simmer with a can of tomatoes and can of tomato sauce and some water.

You can thicken with a little water and cornstarch or flour.

### **POT ROAST - BOHEMIAN STYLE**

**Mary Halada**

3 to 4 point arm or blade pot roast	1 tsp. caraway seed
1/4 c. flour	1 (1 1/2 oz.) pkg. dehydrated onion soup
1/3 tsp. pepper	2 bay leaves
3 Tbsp. lard or drippings	1/4 c. cold water
1/2 c. water	3 Tbsp. flour
1 (10 oz.) can tomatoes	

Mix together 1/4 cup flour and pepper. Dredge pot roast with seasoned flour and brown in lard or drippings. Pour off drippings. Add 1/2 cup water, tomatoes, caraway seed, onion soup and bay leaves. Cover tightly and simmer 3 to 4 hours, or until tender.

Remove pot roast to hot platter. Discard bay leaves. Mix together 1/4 cup cold water and 3 tablespoons flour. Add to the



cooking liquid. Cook until thickened.

Serve gravy with pot roast.

## POT ROAST

Anne William

4 lb. boneless beef chuck pot roast	1 bay leaf
2 large carrots, scraped and grated	2 tsp. salt
1 large tomato, cut up	4 peppercorns
1 large onion, cut up	1 c. water
	2 Tbsp. flour

Brown beef in its own fat in large heavy kettle or Dutch oven. Add carrots, tomato, onion, seasonings and water; cover tightly. Simmer 2 to 2 1/2 hours or until beef is tender.

Remove to heated serving platter; keep hot while making gravy. Strain liquid into a 4-cup measure, pressing vegetables through sieve. Let stand about a minute, or until fat rises to top. Skim off fat and return 2 tablespoons to kettle; blend in flour.

Add water to liquid, if needed, to make 2 cups; stir into flour mixture. Cook, stirring constantly, until gravy thickens and boils 1 minute.

## STEAKS - BOHEMIAN STYLE

Mrs. Louis Tauber

1 1/2 to 2 lb. beef tenderloin	1 Tbsp. butter
salt and pepper	small onion
2 oz. butter	

Clean all membranes and fat off tenderloin. Cut pieces 1 1/2 to 2 inches high from thin end of tenderloin. Pound and flatten out and trim to make nice even pieces. Salt all steaks on one side and on the other side pepper.

Melt butter and one by one, place in pan and turn over very fast and remove.

Place steaks in a deep pot on top of one another and cover. Let sit for a few hours.

Melt butter and very lightly fry finely chopped onion and add steaks, cover and sear fast, about 3 minutes on each side.

Remove from pan and on each steak, place a slice of ham and 1 fried egg sunny side up.

For taste add caviar and juice from lemon.



## SOUR STRING BEANS

Dorothy Cihak

1 lb. ground beef (lean)  
salt and pepper  
1 medium onion, chopped  
1/2 c. water  
2 large potatoes, cubed

1 bottle Mrs. Minnik's sour beef  
mix (or your own mixture of  
spices, vinegar and water)  
1 large can cut string beans  
10 - 15 gingersnaps (or enough  
to thicken like sour beef)

Fry beef and onion (not dry). Add water and potatoes. Cook till tender. Add salt and pepper. Add sour beef mixture and string beans.

Bring to a boil and add gingersnaps (dissolved in small amount of water).

Cook just long enough to thicken or string beans will get mushy. Let stand about 1 hour.

## SVICKOVA

Joan Hudecek

(Beef in Cream Gravy)

4 lb. bottom round - marbled  
1 c. vinegar  
2 Tbsp. salt  
2 qt. water

1 onion, cut up  
15 - 20 whole spice  
3 bay leaves  
3 cloves

Bring to a boil for 10 minutes and then cool.

Pour mixture over meat in a glass bowl. Marinate for at least 4 days, turning every day.

Saute 2 medium onions in 1/4 pound butter.

Add:

3 chopped carrots                      dash red pepper  
1/4 knob celery or 4 stalks pascal celery

Cook slowly until meat is tender. When done, remove meat and slice. Strain gravy completely.

Mix small sour cream with a mixture of flour and water, then add:

1 Tbsp. prepared mustard              rind of 1/2 lemon

Add to gravy and cook for 3 - 5 minutes. Add meat to gravy. Serve with dumplings.



## VEAL - SOUR CREAM DILL GRAVY

Anna S. Groppe

- |                                       |                   |
|---------------------------------------|-------------------|
| 1 1/2 lb. veal (dip lightly in flour) | 1 small onion     |
| 2 Tbsp. lemon juice                   | 1/4 c. white wine |
|                                       | 4 peppercorns     |

Flour veal and simmer in 1/4 cup butter, stirring until veal has been browned to a golden brown, remove from pan.

Add onion to pan and fry until transparent, add veal to onion, add chopped dill and simmer.

Add wine and water to make a liquid to cover veal, reduce heat and cook until tender, add lemon.

Just before serving - remove meat - blend in 1 small cup sour cream (mix in a bowl with gravy) and pour back into pan, be sure heat is low.

Return to the gravy - the meat - and mix well in juices, serve over noodles.

Fresh dill can be garnished over noodles/veal.

## VEAL LITES OR PJSEL

Grandma Melka's

Cut up veal lites, wash and add water, salt, onions, bay leaf, a few whole peppercorns and boil until soft.

Then strain the broth and add mix.

Mix together:

- |                 |   |
|-----------------|---|
| 1 c. sour cream | enough flour to thicken the amount of broth |
|-----------------|---|

Put broth into sour cream paste and cook until thick, add vinegar to taste.

Pour over potatoes to serve.

## CREAMED VEAL PAPRIKA

Ella Petr

Cut 1 1/2 to 2 pounds veal into cubes. Brown in margarine.

Add 1/3 cup water, simmer for 1 1/2 hours; adding more water as it cooks. Cook over low heat. Add salt and pepper to taste and 1 1/2 tablespoons paprika.

Mix 2 heaping tablespoons flour with a little water and add to meat mixture. Let simmer.

Add 1 quart of milk and let heat. If not thick enough, add a little more flour with water.

Serve with dumplings.



## VEAL CUTLETS WITH PAPRIKA

Mrs. Louis Tauber

1 lb. veal cutlets  
salt  
1 Tbsp. butter  
1/2 onion

1/4 tsp. paprika  
5 Tbsp. sour cream  
1 Tbsp. flour

Pound veal lightly, salt and lightly sprinkle with flour.

On a pan, fry 1/2 finely chopped onion in 1 tablespoon butter. Add paprika, meat and fry about 5 minutes on each side. Add 1 ladle hot water and simmer.

Mix sour cream with 1 teaspoon flour, add to gravy and cook. Remove cutlets onto a hot dish and strain gravy over cutlets.

## SECONYENA (EASTER MEAT LOAF)

Barbara Ray

2 lbs. veal (neck)  
2 lbs. pork  
4-8 slices white bread  
1/4 tsp. salt

1/4 tsp. pepper  
4 garlic cloves  
8 eggs

Cook meat in water until tender. Remove meat; grind with coarse blade. Soak bread in broth, then squeeze bread to remove excess broth. Combine ground meat, salt and pepper and bread. Crush garlic in press or chop very fine. Beat eggs slightly. Reserve some egg for top. Mix all ingredients well together and place in greased pan. Pour reserved egg on top. Dot with butter.

Bake at 350° about 1 hour or until knife inserted in center comes out clean.

**Write an extra recipe here:**



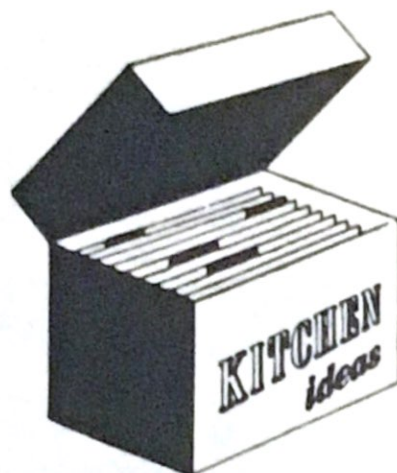
# MAIN DISHES.

## EGG · CASSEROLE

## CHEESE · PASTA







To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.



**MAIN DISHES--**  
**CHEESE, EGG, SPAGHETTI, CASSEROLE**

**BARLEY CASSEROLE**  
(Kuba)

**Theresa Klima**

2 Tbsp. butter	1/2 c. medium pearly barley
1/4 c. chopped onion	chicken broth (can use a 10 1/2
chopped mushrooms (can use	oz. can condensed chicken broth)
a 3 oz. can)	

Put butter and onion in a 1 quart casserole.  
Drain mushrooms, save juice and add mushrooms to casserole.  
Place casserole in 350° oven till butter melts. Remove from oven and add barley.

Combine mushroom liquid, chicken broth and add water to make 2 cups. Add to casserole and stir well.

Bake, uncovered, in 350° oven for 1 hour, then cover tightly and continue to bake 30 minutes.

Liquid should be absorbed, but barley should be moist.

**CASSEROLE DISH**

**Mildred Roh**

1 1/2 lb. veal and pork	1 lb. pkg. medium noodles, boiled
1 small pimento	1 green pepper
1 small can mushrooms	2 onions, simmered in a little fat
(pieces)	1 can whole kernel corn
2 can chicken noodle soup	1/2 lb. grated cheese

Mix all together and bake 1 hour.

**BOHEMIAN CHEESE NOODLES**  
(Square or medium noodles)

**Josephine Smith**

8 oz. bag noodles	1/4 tsp. ground pepper
1 1/2 Tbsp. salt	1/2 lb. dry cottage cheese or
3 qt. water	creamed small curd
1/2 c. butter, melted	1/4 c. milk
1 tsp. salt	1 Tbsp. chopped parsley

Cook noodles in boiling water with 1 1/2 tablespoons salt, until tender, about 7 minutes.

Drain, add butter, salt and pepper.

Blend cottage cheese and milk until smooth. Pour over hot noodles, mix lightly and simmer in covered saucepan for 3 - 4 minutes.

(Cont.)



Turn into serving dish and sprinkle with chopped parsley.  
Makes 4 to 6 servings.

## KUGLE

Mildred Roh

8 oz. wide noodles  
1/2 lb. farmer cheese  
6 eggs  
1 c. sugar  
1 lb. cottage cheese

4 oz. cream cheese  
2 c. milk  
6 Tbsp. melted butter  
1 tsp. salt  
1 c. sour cream

Cook and drain noodles.

Beat eggs, cream cheese and sugar.

Add farmer cheese if possible, cottage cheese and sour cream and milk, butter and salt.

Mix the noodles in the mixture and then pour into a 9 x 13 inch buttered pan. Sprinkle on top some cinnamon and sugar and add slivered almonds.

Bake 1 hour at 350°.

Write your extra recipes here:



# ♡ VEGE TABLES ♡





# **BUYING GUIDE**

## **Fresh vegetables and fruits**

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

**ASPARAGUS**—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

**BEANS, SNAP**—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

**BERRIES**—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

**BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER**—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

**CABBAGE AND HEAD LETTUCE**—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

**CUCUMBERS**—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

**MELONS**—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

**ORANGES, GRAPEFRUIT, AND LEMONS**—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

**PEAS AND LIMA BEANS**—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

**ROOT VEGETABLES**—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

**SWEET POTATOES**—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.



## VEGETABLES

### **SWEET AND SOUR COLESLAW**

**Lillian Podzimek**

3 c. shredded cabbage	3 Tbsp. cider vinegar
1 c. shredded carrots	2 Tbsp. vegetable oil
1/4 c. finely chopped green pepper	3 Tbsp. sugar
	1 tsp. salt
	1/4 tsp. celery seeds

Toss together. Chill at least 2 hours.

### **SWEET AND SOUR SMOTHERED CABBAGE**

**Marie Urban**

1 medium or large head cabbage, coarsely cut	1 tsp. or less caraway seeds
1 medium or large onion, diced	salt and pepper to taste
	3 or 4 Tbsp. butter

Mix:

1/2 c. vinegar	4 Tbsp. sugar
----------------	---------------

Put cabbage into boiling, salted water along with caraway seeds. Boil until cabbage is tender-crisp. Drain.

In the meantime, fry onion in butter until golden, then add to drained cabbage along with vinegar and sugar mixture and pepper.

Simmer, covered, for about 10 minutes.

If not just right, add sugar or vinegar to taste.

### **CARAWAY-POTATO PANCAKES**

**Virginia Powell**

10 medium raw potatoes, peeled and placed in cold water	1/4 c. flour (add more flour for thicker mixture)
2 medium onions	1 tsp. caraway seeds (add more if you wish)
3 medium eggs	salt and pepper to taste
	Crisco or oil for frying

Alternate grating: Grate peeled potatoes on one side of grater and onions on other side. Alternating grating will keep the mixture from turning dark. Press out liquid and save (may be needed if you wish thinner pancakes.)

Blend potatoes, onions, eggs, caraway seeds, salt and pepper. Add flour to above mixture and mix well.

(Cont.)



Heat Crisco or oil in frying pan. Drop small amount of above mixture into pan and fry until brown and a little crisp. Turn only one time.

When fried, drain pancakes on brown paper or paper towel.

## DUMPLINGS

Theresa Klima

2 Tbsp. butter

2 Tbsp. lard

Brown onion in shortening, set aside.

Add the following to onion:

8 slices white bread, wet in  
milk and squeezed

8 Uneeda crackers, crushed  
(1/2 box)

chopped parsley  
salt

pinch of ginger  
2 eggs  
paprika

Make dumplings the size of golf balls. Boil 12 minutes in salt water.

Makes 12 dumplings.

## DUMPLINGS

Theresa Klima

mashed cooked potatoes  
1/2 box Uneeda crackers

1 egg  
salt

Roll as large as golf balls.

Boil in salted water 12 minutes.

## YEAST DUMPLINGS

Mary Halada

2 c. flour

3/4 c. warm milk

1 pkg. dry yeast (diluted)

1 egg (or try 2 eggs)

1 tsp. salt

Take the yeast and put into a cup, add about 2 tablespoons of warm water and dilute the yeast. Put all together with other ingredients and mix well. Mix until your batter is nice and smooth and does not stick to the bowl.

Then cut up about 4 slices of toasted white bread and mix into your batter. Let stand about 2 hours. Then shape into 2 dumplings - longer than wide - and let stand about another 15 minutes.

Then put them into salted boiling water and cook about 7 minutes on one side, then turn them over and cook 10 more minutes. Keep pot tightly covered always. Make a smaller flame if they boil over.



As soon as you remove them, preferably with a slotted spoon, cut in half with a thin edged knife to let off the steam.

If you want more than 2 dumplings, you can use:

3 c. flour	1 pkg. diluted yeast
2 eggs	salt
1 1/2 c. warm milk	5 slices of toasted bread

### BREAD DUMPLINGS

(Ideal for Stew Chicken)

Lillian Altman

In a large bowl, add:

2 c. sifted flour	1 tsp. salt
2 tsp. baking powder	

Mix well.

Beat 2 eggs and pour into a measuring cup. Add enough milk to make the cup full.

Pour into the flour mixture to make the dough smooth.

Cut 4 slices of stale white bread into cubes. Add to the dough and mix well.

To rise, keep in warm place, covered with cloth.

On a floured board, roll out the dumplings. Bring salted water to boil, then drop dumplings into water. Cook 25 minutes.

Slice dumplings with a piece of thread.

### BREAD DUMPLINGS

("Knedliky")

4 c. Wondra flour	8 slices diced dried bread
3 tsp. baking powder	1 c. milk
1 tsp. salt (scant)	

Combine salt with flour. Add eggs and baking powder and milk. Work in bread and roll to shape.

Boil in salted boiling water for 30 minutes.

Slice immediately.

Yields 2 dumplings.

### BREAD DUMPLINGS (YEAST)

("Knedliky")

Pat Babor

2 1/2 c. flour	1 egg
1 pkg. dry yeast	1/2 c. milk
pinch of salt	4 slices white bread, diced

(Cont.)



As soon as you remove them, preferably with a slotted spoon, cut in half with a thin edged knife to let off the steam.

If you want more than 2 dumplings, you can use:

3 c. flour  
2 eggs  
1 1/2 c. warm milk

1 pkg. diluted yeast  
salt  
5 slices of toasted bread

### **BREAD DUMPLINGS** (Ideal for Stew Chicken)

**Lillian Altman**

In a large bowl, add:

2 c. sifted flour  
2 tsp. baking powder

1 tsp. salt

Mix well.

Beat 2 eggs and pour into a measuring cup. Add enough milk to make the cup full.

Pour into the flour mixture to make the dough smooth.

Cut 4 slices of stale white bread into cubes. Add to the dough and mix well.

To rise, keep in warm place, covered with cloth.

On a floured board, roll out the dumplings. Bring salted water to boil, then drop dumplings into water. Cook 25 minutes.

Slice dumplings with a piece of thread.

### **BREAD DUMPLINGS** ("Knedliky")

4 c. Wondra flour  
3 tsp. baking powder  
1 tsp. salt (scant)

8 slices diced dried bread  
1 c. milk

Combine salt with flour. Add eggs and baking powder and milk. Work in bread and roll to shape.

Boil in salted boiling water for 30 minutes.

Slice immediately.

Yields 2 dumplings.

### **BREAD DUMPLINGS (YEAST)** ("Knedliky")

**Pat Babor**

2 1/2 c. flour  
1 pkg. dry yeast  
pinch of salt

1 egg  
1/2 c. milk  
4 slices white bread, diced

(Cont.)



Mix until all blended, add bread. Let rise, covered.

Shape into oval shape and place in boiling water for 1/2 hour, covered.

Yields 1 large dumpling.

### **BARLEY PORRIDGE/MUSHROOMS** (Cerny Kuba)

Mary Vesely Nerud

Wash 2 cups barley and cook in 3 cups salted water until tender and thick.

For a better flavor, barley can be cooked in any kind of broth you might have.

Brown 1 small minced onion and 1/2 cup cooked mushroom buttons in 2 tablespoons butter. If fresh mushrooms are used, they can be cooked with barley.

Mix barley, onion and mushrooms together and salt to taste.

Bake 1/2 hour in 350° oven.

For variation, you may add some snipped parsley, a pinch of marjoram and a small clove of garlic rubbed to a paste.

### **BARLEY SAUERKRAUT**

Virginia Powell

1 lb. can sauerkraut or

1 lb. fresh kraut

3 Tbsp. barley, rinsed

2 1/2 tsp. caraway seed  
(optional)

1 small onion, chopped

Meat Seasoning: turkey neck  
or small piece of fresh pork  
salt and pepper to taste

Rinse sauerkraut once in small amount of water.

Put sauerkraut, barley, caraway seeds, onion and meat into pot. Add enough water to cover. Cook until meat is well done.

Barley makes the sauerkraut soft and more digestible.

### **FLOUR DUMPLINGS**

Marie Urban

2 c. flour

2 tsp. baking powder

1 tsp. salt

Mix together.

Beat together and add:

2/3 c. milk

1 egg

Mix with a table knife to form a stiff dough.

If dough is sticky or shiny, add a little more flour, knead a few times and form into a roll. Cut with knife into 8 pieces.



Flour hands and roll into a ball with no seams. Do all 8 pieces and let sit while waiting for a half soup pot of water to boil.

Drop dumplings in, cover pot and wait for the water to start boiling again and the dumplings to rise to the surface. Lower the heat and set timer for 7 minutes.

Immediately take one out with slotted spoon and cut in half, if done through, take out the rest, cutting each one in half. If not done, let cook for another half minute or so.

Cutting these dumplings to let out the steam is a must, otherwise they will harden.

### HOUSKOVE KNEDLIKY (Bread Dumplings)

Lydia Duda

4 Tbsp. butter	2 Tbsp. finely chopped parsley
3 c. bread cubes, cut in 1/2 in. chunks	1/2 tsp. salt
3 Tbsp. finely chopped onions	1/8 tsp. nutmeg
1 c. flour	1/4 c. milk

Melt 3 tablespoons butter in heavy skillet. When foam subsides, add bread cubes. Toss until brown on all sides and then set them aside.

Add rest of butter to skillet, after melted, stir in onions and cook for 4 minutes until lightly colored, then scrape them into large mixing bowl. Stir in flour, parsley, salt, nutmeg and moisten with milk. Knead lightly to form a dough. Gently fold in bread cubes and let mixture stand for 30 minutes.

Divide dough in half and knead with hands to form 2 long rolls about 2 inches in diameter. Each will be 5 to 7 inches long.

In an 8-inch saucepan, half full of boiling salted water, place rolls gently in water. Cook over medium heat for 25 minutes, turning them once with large slotted spoon. Remove them to paper towels to drain. Cut into 1/2 inch slices while warm.

Serve with any meat that has gravy or sauce.

### HORSERADISH WITH BEETS

A. Koval

12 medium beets, cooked	1 tsp. nutmeg
1 c. freshly grated horseradish	1 tsp. ginger
2/3 c. sugar	2 tsp. salt
1 1/2 c. vinegar	

Grate beets on coarse grater; add horseradish and spices. Mix thoroughly.

Bring vinegar, sugar and salt to boil (whole spice in cloth may  
(Cont.)



be added). Pour over beet mixture.

Stir well, pack in jars, let stand 1 day in cool place before using.

## CHRISTMAS POTATO SALAD

(A Czech Christmas)

2 medium sized boiled potatoes, cubed	1/4 c. chopped onion
2 boiled carrots, cubed	3 sardines
2 medium-sized dill pickles, cubed	1 c. mayonnaise
	1 tsp. salt
	1/4 tsp. pepper

Toss all ingredients together and refrigerate.

Servings: 8.

## RAW POTATO DUMPLINGS

Christine Blaskis

2 medium potatoes, grated	1 c. flour
1 egg	1 heaping tsp. baking powder
1 tsp. salt	

Drain potatoes and add egg, salt and baking powder.

Add flour a little at a time until a soft dough is formed, add more if needed.

Form into balls and cook on top of boiling sauerkraut about 12 minutes.

## PILGRIM POTATO CHOWDER

Dorothy Cihak

1 lb. (3 medium) potatoes, cubed	1/2 tsp. thyme
2 c. chicken broth (canned or 3 bouillon cubes)	1/2 tsp. salt
1/2 c. sliced carrots	dash of pepper
1/2 c. sliced celery	2 Tbsp. flour
1/2 c. chopped onion	1 c. light cream or half and half
	1/4 c. parsley
	grated cheese (optional)

Boil 1/2 cup potatoes in broth till tender, mash with fork. Add the other potatoes and next 5 ingredients. Cook till tender (10 minutes).

Dissolve flour till thickened. Add parsley before serving. Grate cheese on top (optional).

Forget the calories and enjoy.



## SAUERKRAUT ("Zeli")

Pat Babor

Wash 1 pound sauerkraut, add salt and pepper and caraway seeds.

Add 1/4 cup sugar and cook until tender.

Fry bacon very crispy. Remove from fat and saute onions in bacon fat. Add 4 or 5 teaspoons flour till golden brown. Add to cooked sauerkraut.

## SAUERKRAUT

Lydia Duda

4 Tbsp. butter  
2 Tbsp. chopped onion  
3 Tbsp. flour

2 (16 oz. each) cans sauerkraut  
2 Golden Delicious apples,  
peeled, cored and grated

In a 2-quart Dutch oven, melt butter over medium heat. Add onion and saute until translucent, 2 to 3 minutes.

Sprinkle flour over onion and continue to saute until onion is lightly browned, 3 minutes. Stir in sauerkraut and grated apple. Reduce heat, cover and simmer about 45 minutes.

Makes 8 to 10 servings.

## SAUERKRAUT

Mary Vesely Nerud

1 medium onion  
1 c. roast pork drippings  
1 large can sauerkraut

1/2 tsp. caraway seed  
1 tsp. sugar  
1 grated medium potato

Fry diced onion in drippings until light brown.

Bring kraut to boiling point, add caraway seed, and boil until kraut is tender. If too much liquid, drain it off.

Reheat and pour onion drippings over the kraut and add raw potato for thickening.

Simmer slowly for about 20 minutes.



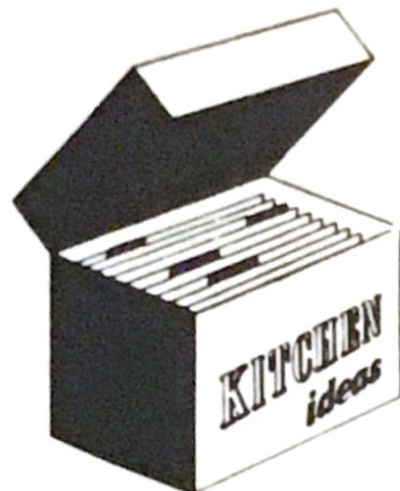
Write your extra recipes here:



BREAD  
ROLLS  
PIES  
PASTRY.







Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.



## BREAD, ROLLS, PIES, PASTRY

### POPPY SEED "BABOVKA"

Mrs. L. Tauber

1/4 lb. butter	1 oz. yeast
1/2 c. sugar	salt
3 yolks (cream together)	nutmeg
3/4 c. warm milk	3 1/4 c. flour

Mix yeast and lukewarm milk and let sit awhile.

Then add 3 1/4 cups flour and mix well until it does not stick to hands. Roll dough out to 1/2 inch.

Fill center with poppy seeds and roll.

Grease form well, put dough in and let rise about 1 1/2 hours.

### RAISED "BABOUKA"

Mrs. Louis Tauber

1 c. milk	6 egg yolks
1 tsp. sugar	1/2 tsp. salt
little flour	lemon rind
1 oz. yeast	vanilla
7 oz. butter	2 heaping c. sifted flour
3/4 c. sugar	2 oz. raisins
fat and flour for pan	1/2 oz. almonds

Mix yeast with 1 cup lukewarm milk, flour, sugar, 1 ounce yeast.

While yeast is sitting, mix 7 ounces butter with 3/4 cup sugar and add 6 egg yolks, lemon rind, vanilla, salt and mix together well. Add flour and then yeast mixture. Mix until the dough is light and not too thick. If necessary, add more flour.

Mix 2 ounces raisins and 1/2 ounce blanched chopped almonds.

Grease and flour a cake form, pour in dough and bake in medium oven about 1 hour.

### DOUGH FOR BUCHTY, KOLACKY, YEAST ROLLS, CZECH PIZZA

Joan Hudecek

6 c. flour	3 beaten eggs
1 tsp. salt	1/2 c. warm milk
1/2 c. sugar	1 pkg. yeast
1 half pt. sour cream	1/2 lb. sweet butter, 2 Tbsp. Crisco (melted together)

Beat well together and knead slightly, rest 10 minutes.

(Cont.)



Divide, roll on floured board, fill.

Work dough on floured board when adding fillings.

May be brushed with egg or milk before baking.

### Fillings:

Poppyseed - Cook 1 pound ground poppy seeds with:

2 1/2 c. water

1/4 lb. sweet butter

1 1/3 c. sugar

Cook for about 1/2 hour, stirring often to prevent sticking.

### Cheese:

1/2 lb. cream cheese

2 tsp. lemon juice

1/2 lb. cottage cheese (riced)

1/2 c. sugar

1 egg, beaten

grated rind of 1/2 lemon

Bake at 425° for 15 minutes or less.

## BUCHTY

Marie Urban

2 eggs

1/2 tsp. grated lemon or orange  
rind

3 1/2 c. flour

1 c. hot milk

1 pkg. yeast

1 tsp. salt

1/4 or 1/3 c. sugar

1/2 tsp. mace or nutmeg

1/3 or 1/4 c. margarine or butter

Heat milk fairly hot and add margarine, sugar, salt, nutmeg and rind. Let cool until warm and add dry or fresh yeast and let stand until it dissolves or looks bubbly.

Then add eggs and beat with electric mixer and start putting in flour, 1 cup at a time, until all is used.

Remove from mixer, put on a floured board and knead until elastic and does not stick to hands, adding a little flour. At this point, it can be set in a warm place to rise or start putting it in greased pans right away.

Spread clean towel on board and flour. Cut dough in half and stretch one piece at a time into a rectangle.

Spread moonseed, prunes or cottage cheese filling on the dough, moisten 3 sides and seam and with towel, throw onto a cookie sheet, seam side down. Let rise until almost double and bake at 350° for 30 or 35 minutes.

Make KOLACKY the same way, except cut dough 3 x 3 inch squares and put in tablespoon of filling. Bake at 400° for 15 minutes.



## DOUGH FOR BUCHTY, KOLACKY, YEAST ROLLS AND CZECH PIZZA

A. Koval

6 - 7 c. flour  
1 tsp. salt  
1/2 c. sugar  
1 c. sour cream

3 beaten eggs  
1/2 c. warm milk  
2 pkg. yeast  
1/2 lb. sweet butter

### Fillings:

Poppyseed - Cook 1 pound ground poppy seeds with:

2 1/2 c. water  
1 1/3 c. sugar

1/4 lb. sweet butter

Cook for about 1/2 hour, stirring to prevent sticking.

### Cheese:

1/2 lb. cream cheese  
1/2 lb. farmer cheese, riced  
1 beaten egg

2 tsp. lemon juice  
1/2 c. sugar  
grated rind of 1 lemon

### Nut:

4 c. ground walnuts  
1 c. sugar

3 tsp. vanilla  
1/2 c. milk

## CZECH COTTAGE CHEESE PIE (Tvarohovy kolac)

Mary Vesely Nerud

Using your favorite Kolacky dough recipe, line a pie tin with dough like a pie crust (not too thin). Let rise. Brush lightly with melted shortening.

Make dent in middle of dough leaving about 1 inch around rim of pie edge.

Fill with the following filling:

1 pt. dry cottage cheese  
1/2 c. sugar  
1 Tbsp. cream  
2 well-beaten egg yolks

lemon rind, grated OR  
1/2 tsp. lemon extract  
1/2 c. raisins (optional)

Mix well and pour into dough-lined pan and bake in 350° oven about 20 minutes or until cottage cheese is set and crust is brown.



## CASSEROLE CHEESE BREAD

Anne William

Dissolve 1 package or 1 cake compressed yeast by stirring into warm water using amounts specified in recipe.

Use dissolved yeast as directed.

Scald 1 cup milk, stir in:

3 Tbsp. sugar

1 Tbsp. margarine

1 Tbsp. salt

Cool to lukewarm.

Measure in 2 packages Fleischmann's Active Dry Yeast. Stir until dissolved.

Add lukewarm milk mixture, 1 cup grated cheddar cheese and 4 1/2 cups sifted flour. Stir until well blended, about 2 minutes.

Cover, let rise in warm place, free from draft, until more than doubled in bulk, about 45 minutes.

Stir batter down in bulk, beat vigorously about 1/2 minute. Turn into greased 1 1/2 quart casserole or 2 (9 x 5 x 3 inch) loaf pans.

Bake, uncovered, in a moderate oven, 375°, about 1 hour.

## CRUMB TOPPING

Victoria V. Goldbeck

(Kolacky)

4 Tbsp. butter

1/2 c. sugar

3/4 c. flour

Combine ingredients and rub between fingertips and then sprinkle on top of cake.

## CHEESE FILLING

Victoria V. Goldbeck

(Kolacky)

Use a 2 pound carton of large-curd cottage cheese (dry).

Cream:

2 egg yolks

1 c. sugar

Add cottage cheese and 1 teaspoon lemon juice. Cream thoroughly and spread on dough.

This may be sprinkled with cinnamon and currants, if you like, with fresh coconut.



## COTTAGE CHEESE PIE

Christine Blaskis

- |                              |                          |
|------------------------------|--------------------------|
| 1 1/2 lb. dry cottage cheese | 1/4 lb. melted butter    |
| 1/2 c. sugar                 | 1 tsp. fresh lemon juice |
| 3 large eggs                 | 1/2 c. milk              |
| 1 tsp. vanilla               | 1 tsp. sugared cinnamon  |

Beat cottage cheese and add sugar, beat thoroughly. Add eggs and blend well. Add butter, vanilla and lemon juice. Make sure mixture is smooth as possible.

Pour into 2 small unbaked pie crusts. Sprinkle top with cinnamon and sugar. Bake 40 minutes at 350°.

## CHEESE DOUGH PASCHA

Mary Carey

(To be used with Pascha Bread)

- |                          |                      |
|--------------------------|----------------------|
| 1 pkg. yeast             | 4 egg yolks          |
| 1/4 c. warm water        | 1 c. sugar           |
| 1 Tbsp. sugar            | 1/2 c. milk (warm)   |
| 1 lb. dry cottage cheese | 3 c. flour           |
| 1 tsp. salt              | 1 tsp. baking powder |
| 1/2 box white raisins    |                      |

Combine first 3 ingredients and set aside (covered).

Combine yeast, sugar and warm water in a small bowl, cover and let rise in a warm place.

Mix cottage cheese until smooth, add sugar, salt, egg yolks and milk. Mix until smooth. Add raisins, baking powder, flour. Add yeast. Knead, add more flour if needed. Knead, cover and let rise for 2 hours in a warm place.

Take pascha bread dough and roll flat in a circle. Using fingers make a hole in center of dough by pulling it to make the hole large enough to fit a water glass. Fill dough with cottage cheese mixture and take dough and bring together from edges to center and seal.

Put in greased round pan, seam side down. Put greased glass in center to form something resembling a tube pan. The pan I use is 3 inches deep and 8 inches in diameter and 6 1/2 inches at the bottom. Let rise until pan is full. Brush with egg, beaten.

Bake in 300° oven for 30 to 35 minutes.



## KOBLIKY

(Donuts)

Joan Hudecek

4 c. flour  
1 c. shortening  
3 eggs  
2 Tbsp. sugar

1/2 pt. sour cream  
1/2 c. milk  
1 pkg. yeast  
2 Tbsp. sugar

Combine first 5 ingredients and then add yeast mixture. Beat all ingredients well and let rise in warm place.

Pick up spoonfuls and roll in small balls. Form and fry in deep fat about 1 minute on each side. Drain.

Fill with jam or preserves and dust with powdered sugar.

## HOSKA

(Braided Czechoslovakian Bread)

3/4 c. milk  
1/2 c. honey  
1/2 tsp. salt  
1/2 c. butter (1 stick)  
1/2 c. warm water  
2 pkg. dry yeast  
Glaze

2 eggs  
5 1/2 to 6 c. unbleached white  
flour, unsifted  
1/4 c. citron  
1/4 c. raisins  
1/4 c. chopped almonds  
melted butter

Scald milk, stir in honey, salt and butter, cool to lukewarm.

Measure the warm water into a large warm bowl, sprinkle the yeast over the top and stir until dissolved. Stir in the lukewarm milk mixture, add the eggs and 3 cups of the flour. Beat until smooth, stir in enough additional flour to make a soft dough.

Turn out onto a lightly floured board, knead until smooth and elastic, about 10 minutes.

Place in a greased bowl, turn to coat the top, cover and let rise in a warm place free of drafts until doubled in bulk (about 50 minutes to 1 hour).

Punch down, turn out onto floured board and knead in the citron, raisins and chopped almonds until they are well distributed.

Divide the dough into 4 equal parts and set 2 pieces aside. Divide 1 piece into 3 equal strips about 14 inches long. Place the 3 strips on a large greased baking sheet and form into a braid. Brush the top of the braid with melted butter.

With the remaining dough from the 2nd piece, make a 3rd braid about 10 inches long, place it on top of the other two. Form a 2nd loaf in the same manner. Cover both lightly and let rise in a warm place free from drafts, until doubled in bulk, about 1 hour.

Spread with glaze and bake at 375° for about 40 minutes or



until loaves are well browned on top.

Glaze:

Beat 1 egg white and 1 tablespoon water together until well blended. Brush the braided loaves with the egg mixture.

Decorate the top with whole blanched almonds (about 1/4 cup). Bake as directed above.

**HOUSKA**  
(Holiday Bread)

Mary Vesely Nerud

1/2 c. lukewarm milk	grated rind of lemon or orange
1 cake yeast	2 c. scalded milk, cooled to lukewarm
1 tsp. sugar	1/2 c. sugar
flour, enough to make batter	3/4 c. seedless raisins
1/2 c. butter	3/4 c. nutmeats or almonds
1/2 tsp. salt	enough flour for thick dough
3 beaten egg yolks	

Combine first 4 ingredients and let stand until bubbly while you mix the remaining ingredients.

Combine the 2 mixtures and beat until smooth. Let rise until light and double in bulk. Roll out on floured board, divide into 8 equal parts.

Cut one part in two so that you have 7 large parts and 2 small ones. Knead each portion into a bun and let rise about 1/2 hour.

Roll each into a long strip. Place 4 of these strips on a greased pan and proceed to make a 4-strand braid.

Then braid the 3 strips and place on top of 4th strand, then twist the 2 smaller strips into a rope and place on top of the 3rd strand. Let rise, brush with beaten egg and sprinkle with poppy seed or chopped nutmeats.

Bake in moderate oven about 375° for an hour or more, until nicely brown.

**BRAIDED HOUSKA**

Joe Faimann

1/4 oz. dry yeast	1/2 c. granulated sugar
5 c. flour	1/2 c. raisins
1 c. warm milk	6 oz. fruit mix
2 Tbsp. shortening	1/4 c. blanched almonds
2 eggs	

Put warm milk in mixing bowl and add yeast, stirring to dissolve.

\*Stir butter, 2 eggs and sugar into the above. Add half the

(Cont.)



flour and mix or beat until well mixed. Add balance of flour and mix until thoroughly mixed.

Knead dough on lightly floured board adding fruit and raisins until dough is smooth.

Place dough back into bowl and cover with a clean towel and let rise to double in size, about 1 hour.

Now punch dough down and cut into 3 equal portions, roll out each section to about 15 inches long, place on cookie sheet and braid, pinch end of braid to secure; let rise again until double in size.

Bake in oven about 350° for about 45 minutes or until brown and sounds hollow when rapped with knuckles. Remove from cookie sheet and place on rack to cool.

\*Fruit and raisins can be mixed in with butter or shortening, eggs and sugar if you wish.

### **APRICOT HOUSKA**

**Joan Hudecek**

(Braided Bread - apricot flavored coffee cake)

4 c. sifted flour	1 egg
1 c. scalded milk	1 pkg. yeast
1/4 c. butter	1/2 c. white raisins
1 tsp. salt	1/2 c. dried, uncooked apricots, finely cut
1/4 c. plus 1/2 Tbsp. sugar	1/4 c. almonds, chopped
1/4 c. water	1 tsp. grated lemon rind

To the scalded milk, add butter, sugar, salt and water and cool to lukewarm. Add yeast and mix thoroughly.

Blend in egg, lemon rind, raisins, almonds and apricots. Gradually add flour, mixing well until the dough is completely blended and soft.

Divide the dough into 5 equal parts and roll into 18-inch long strips. Place 3 strips on well-greased baking sheet and braid. Seal the ends together.

Twist the 2 remaining strips together and place on top of the braid, again sealing the ends. Let rise in warm place - 80 to 85°F. - until double in bulk (about 1 hour).

Bake in preheated oven at 350° for 45 minutes. Cook and sprinkle with powdered sugar.



## HOSKA

Victoria V. Goldbeck

Use the same basic recipe, KOLACKY, only use 4 whole eggs and increase the amount of flour so that you can put dough on the board and knead the dough. Then knead the dough until you feel the dough pop.

Add the fruit and nuts which have been soaked in brandy or rum and let it rise. Then divide the dough in half. Divide each half into 5 pieces.

Roll each piece into a strand, braid 3 strands for the bottom layer, twist 2 remaining strands and place on the bottom braid. Let it rise, covered, with greased waxed paper and cloth.

Before placing HOSKA in the oven, brush it all over with beaten egg. Bake at 350° for 1 hour.

(Raisins, currants, candied dried fruits may be used, also walnuts or almonds.)

## HRUTKA

Mary E. Carey

(Easter Egg Ball)

12 eggs

1/2 tsp. salt

1 qt. milk

1/2 qt. water

Beat eggs, milk, salt and water until well blended and mixture is frothy. Cook in double boiler until eggs coagulate.

Drain through a large linen cloth that has been set in a colander. After you drain out most of the water, draw up sides of cloth and form egg into a ball.

Hang it on a line in basement and twist the cloth tight and tie it close to the egg ball. Let it hang for about 4 to 5 hours.

Slice to serve.

## KOLACKY

Helen B. Myers

(Bohemian Tarts)

1 pkg. active dry yeast

1 tsp. grated lemon rind

2 Tbsp. warm water

3/4 c. butter

4 c. sifted all purpose flour

3 eggs (yolks only)

1 tsp. salt

1 c. heavy cream

1/2 c. sugar

use any kind of filling you prefer

Soften yeast in the water, 105°F to 115°F, for dry yeast.

Sift flour, sugar and salt. Add lemon rind and yeast and blend in butter. Beat egg yolks and add the cream. Add to first mixture and blend well. Cover and refrigerate overnight.

Next day, toss on lightly floured board and roll to 1/4 inch

(Cont.)



thickness. Cut with 2-inch cutter and put on ungreased cookie sheets. Cover and let rise until double in bulk, about 1 hour.

Make a depression in the center of each, and put in one of the fruit fillings (whatever filling you prefer).

Bake in preheated moderate oven, 375°, for 10 minutes or 15 minutes. Spread with frosting while warm, if you like frosting.

Makes about 4 dozen tarts.

## KOLACKY

5 c. flour

1 c. sugar

1 1/2 tsp. salt

1/4 lb. unsalted butter  
(room temperature)

1 to 1 1/4 c. scalded milk  
(let cool to warm)

3 eggs, beaten

1 1/2 tsp. vanilla and almond  
extract

1 pkg. dry yeast (check date on  
back of pkg.)

1 Tbsp. mace - level

1 Tbsp. nutmeg - level

Dissolve yeast in 1/4 cup of warm (not hot) water, 1 tablespoon flour and 1 tablespoon sugar. (This should start rising before you use it. That way you know the yeast is going to do its job.)

To flour-sugar mixture, cut in the soft butter (you can use 2 knives or pastry blender for this). Add eggs and vanilla to above mixture, add the scalded milk to above.

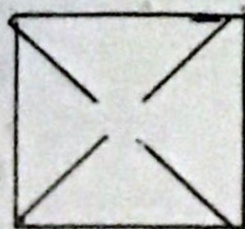
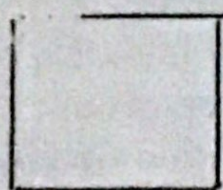
Now add raised yeast and beat dough until smooth and velvety - it also looks shiny - this takes about 10 or 15 minutes of beating.

Cover and let rise about 2 or 3 hours until double in bulk.

Grammy used to cover her dough with a tablecloth or large towel in a nice warm part of room (out of draft).

Now you are ready for the next operation.

Use a floured surface - take a large tablespoon full of dough, flatten it, then using both hands, stretch it out to a square about 3 inches in size - make about 6 or 8 at a time. Put filling (about a heaping teaspoon) on each square - bring the points together, then close - pinch the ends together to seal. it may come apart a little - but that's all right. Place close together in a pan.



After you place the pinched squares in a greased pan, brush tops with melted butter and let rise for about 30 or 60 minutes.

Bake at about 350° or 375° until a golden brown - this may take about 30 or 45 minutes.

For filling, you can purchase the "Solo" Poppy Seed or Prune



Filling. This saves a lot of work and trouble.

For cheese filling, use baker's cheese (that is a very dry cottage cheese).

Add butter-sugar-egg, vanilla and grated lemon rind to taste.

## JAKUBCO KOLACKY

Joan Hudecek

3 c. flour  
3 egg yolks  
yeast

1/2 lb. butter  
1/2 c. sour cream

Mix and chill 2 or 3 hours (or overnight).

Fill with cheese, nuts, prunes or poppy seeds.

A good cheese filling;

1 lb. cream cheese  
1 egg  
2 tsp. lemon juice

1/4 c. sugar  
grated lemon rind of 1 lemon  
and juice

Bake 15 or less minutes at 425°.

Apricot Filling: Soak overnight. Cook to a boil and pulverize. Boil 10 minutes. Add 3/4 cup sugar.

## KOLACKY

Victoria V. Goldbeck

Dissolve 1 large cake of yeast and 2 teaspoons sugar in a little warm milk. Scald 2 cups of milk, let cool.

Combine and cream:

1/2 lb. butter

3 Tbsp. lard

Add 2 whole eggs and 2 egg yolks, blending thoroughly after each egg. Add 1 cup sugar and 1 teaspoon salt, gradually. Add the cooled milk and dissolved yeast. Add 3 cups flour and mix thoroughly at medium speed on mixer.

This much can be done with electric mixer; at this point, dough will be similar to cake batter.

Let dough rest for about 15 minutes, until mixture becomes bubbly.

Add about 4 more cups flour (more may be needed) and beat with a wooden spoon until dough starts to leave sides of bowl.

Grease the upper inside of bowl, grease a piece of waxed paper and cover bowl with waxed paper; also cover with a towel. Set aside to rise in a warm place free from drafts.

If you like, a little mace or nutmeg may be added.

(Cont.)



Let dough rise about 1 1/2 hours. If necessary, you can punch down once and let it rise again.

When ready, take a piece of dough and roll it out onto a lightly floured board to about 1/2 inch thickness, approximately the length and width of pan you are using.

Put dough in greased pan and let rise again. Cover dough with filling and place in 350° oven for 25 to 45 minutes.

For the apple cake or apricot, use warm fruit so as not to chill the dough, cover the fruit with additional piece of dough.

Sprinkle with crumb topping.

## KOLACKY

Joe Faimann

4 c. flour	3/4 c. sugar
1 c. lukewarm milk	1/4 grated rind of lemon
3 eggs	3/4 Tbsp. orange juice
1/4 lb. butter	1/8 Tbsp. nutmeg
1 cake yeast	1/4 tsp. salt

Dissolve yeast in lukewarm water to which 1/2 teaspoon sugar has been added. Mix sugar with sifted flour.

Rub butter and salt into sugar and flour mixture. Add eggs, then nutmeg and orange and lemon juice. Work dough until it starts to blister and let rise for 3 hours.

After dough rises, put it on lightly floured board and shape into 2-inch squares.

Place a teaspoon of prune, apricot or cheese filling in center of each square, fold the edges to seal and arrange in rows on greased tin. Bake at 400° for 25 minutes.

### Fillings:

**Apricot Filling:** Boil 1/4 pound of dried apricots. Drain and force through food chopper. Mix with 1/2 cup sugar.

**Prune Filling:** Wash 1/4 pound of prunes and force through food chopper. Mix with 1/4 cup sugar and grated rind of 1/4 lemon.

**Cheese Filling:** Knead 1/2 pound of baker's cheese (obtainable from dairies) until soft and put through a ricer.

Mix with:

1 tsp. butter	1 Tbsp. coconut
1 egg	1 Tbsp. raisins
1/3 c. sugar	1 Tbsp. vanilla



**MARY'S KOLACKY**  
(Prune-Filled Buns)

**J. Hudecek**

**The Dough:**

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 1/2 c. milk                   | 1/4 c. warm water             |
| 1 c. butter or margarine        | 2 eggs, beaten                |
| 3/4 c. granulated sugar         | 2 tsp. grated lemon rind      |
| 1 tsp. salt                     | 6 c. sifted all purpose flour |
| 1 pkg. active dry or cake yeast |                               |

**Prune Filling:**

- |                         |                            |
|-------------------------|----------------------------|
| 1 lb. prunes (2 1/2 c.) | 1/4 tsp. powdered allspice |
| 2 c. water              | 1/2 tsp. grated lemon rind |
| 1/4 c. granulated sugar | 2 Tbsp. lemon juice        |

1. In good-sized saucepan, heat milk just to boiling; stir in butter, 3/4 cup sugar, salt; cool till lukewarm. Sprinkle or crumble yeast on water; stir until dissolved. Add to lukewarm milk with eggs, rind, flour; beat smooth.

2. Place dough in greased bowl; cover with towel and let rise in warm place (80 to 85°F.) until doubled in bulk. Punch down and let rise again until doubled.

3. Meanwhile, make Prune Filling as follows: In saucepan, combine prunes, water, 1/4 cup sugar, allspice, lemon rind and lemon juice; cook, as prune label directs, until tender. Pit prunes, return to syrup; with fork beat until smooth paste.

4. Turn doubled yeast dough onto floured board and knead lightly about 1 minute. Roll out a portion of dough 1/2 inch thick.

5. To make round buns, cut rolled-out dough into 2 1/2 inch rounds; place on greased cookie sheet; with thumb, make indentation in center of each round, then place a teaspoon of Prune Filling in indentation.

6. To make bun squares, cut rolled out dough into 4-inch squares, place 1 teaspoon Prune Filling in center of each. Moisten corners with water, bring opposite corners to center, overlapping corners and pressing gently together.

7. Place Kolacky on greased cookie sheet. Cut, fill rest of dough. Then cover buns with waxed paper; let rise in a warm place, until doubled; brush lightly with cream or egg yolk, beaten with a little cream; if desired, top with a few chopped almonds.

Bake at 375° 15 to 20 minutes, or until done.

Makes about 48.



## KOLACHES

Mary Vesely Nerud

Use 1 package dry yeast or 1 inch square baker's yeast. Soak in 1/2 cup lukewarm water with 1 tablespoon sugar. Let sit until bubbly. Add 1 3/4 cups scalded milk, cooled.

Add:

3/4 c. cooking oil

2 egg yolks

1/4 c. sugar

1 tsp. salt

Beat well.

Add 1 cup flour, beat well, add another cup flour, beat again. Then add enough flour to make a soft dough.

Let rise in a warm place until double in size.

Grease cookie sheet.

Make 1 1/2 inch small balls out of dough, knead in palm of hand. Place on pan. Grease balls and let rise. Make depressions with fingers for filling. Put in filling - let rise again until light.

Bake 13 to 15 minutes in 375° oven or until golden brown.

### Fillings for Kolaches: (Prune, Peach or Apricot)

Cook 2 pound of dry fruit in enough water to cover until tender. Drain and pit (if cooking prunes). Mash well.

Add:

1 c. sugar

1/4 tsp. cinnamon (optional)

1 tsp. vanilla

**Poppy Seed Filling:** Cover 1 pound seedless raisins with water and simmer until almost dry. Drain. Combine with 3 (12 ounce) cans of prepared poppy seeds and 1/4 pound butter. Mix well.

### **Cottage Cheese Filling:**

1 Tbsp. butter

1/2 c. sugar

1 lb. dried sweet cottage cheese

1/4 tsp. salt

2 egg yolks

1/4 tsp. vanilla or lemon flavoring

1/4 c. raisins

Cream butter, add remaining ingredients. Mix well.  
Dust with cinnamon.



## BOHEMIAN KOLACKY

Josephine Smith

1/4 lb. butter  
1/2 c. sugar  
2 c. milk  
1 1/2 cakes yeast

4 1/2 c. flour  
1 tsp. salt  
1 tsp. lemon rind  
3 eggs

Add flour in mixing bowl. Heat milk, but do not boil, add butter. (Let cool a bit and add to flour). Add salt and lemon rind.

Into a cup of warm water, put yeast and let rise. Add to flour mixture with other ingredients, mix well. Let rise from 10 to 15 minutes.

Bake at 350° for 15 to 20 minutes.

Roll dough and cut pieces about 1 1/2 inch square.

May need to add a little more flour.

Filling can be bought in cans in the grocery store.

## BASIC KOLACKY DOUGH

Lydia Duda

1 1/3 c. milk, scalded and cooled to lukewarm	5 c. flour
1 (2 oz.) cake compressed yeast	1 Tbsp. salt
1 Tbsp. plus 1/2 c. sugar (divided)	1 c. butter (2 sticks)
	5 egg yolks

In a small bowl, combine cooled milk, yeast and 1 tablespoon sugar. Set aside.

In a mixing bowl, combine flour and remaining 1/2 cup sugar and salt. With hands, work butter into flour mixture to form granules the size of peas.

In another bowl, beat egg yolks, until foamy, about 2 minutes. Add yeast mixture to eggs and beat well. Pour into flour mixture, stir until well mixed. Cover and refrigerate overnight.

Divide basic dough into 4 parts. On a lightly floured board, roll one part to 1/4 inch thick. Cut rounds about 1 1/2 inches in diameter with cookie cutter. Place on greased cookie sheet. Repeat with remaining 3 portions of dough. Cover and let rise in warm place until doubled, about 1/2 hour.

Make hollow in center of each with fingers and fill with 1 generous teaspoon fruit or any filling.

Bake at 350° until lightly browned, about 20 minutes.

Makes 60 cakes.

Filling: 2 (12 ounces each) cans apricot, prune or poppy seed filling.



## KOLACKY DOUGH

Christine Blaskis

Sift and measure 8 cups of flour. Put 1 cup aside.

1/2 lb. butter	pinch mace
1 pkg. yeast	1/2 c. sugar
2 c. milk, scalded	1 tsp. salt
3 eggs	

Melt shortening (butter) in scalded milk. Add sugar and salt. When cool, add well beaten eggs.

Have flour and mace in a bowl.

Dissolve yeast in warm water with a teaspoon of sugar and add to flour mixture. Add all the liquids mixed together.

Use the cup of flour that has been put aside if needed.

Use your favorite filling (cheese, apricot, prunes or moonseed).

Bake at 350°.

## FOR KOLACKY

Mary Fuka

2 boxes hot roll mix	1/4 lb. butter
4 eggs	little mace
8 Tbsp. sugar	

Mix it together in the hot roll mix, then put it in a bowl and let rise for 1 hour or two.

Put on a board and work it out so the dough doesn't stick to your fingers.

Cut in pieces to put the filling in as prune filling or cheese filling.

1 lb. Smearcase	1 lb. flour
1 lb. butter or margarine	

Drain the smearcase, add butter and mix thoroughly. Add flour, work it good on the bread board.

Put in refrigerator and when the dough is cool, put the dough on the bread board and roll the dough thin.

Cut in 2-inch squares and put the filling in. Take the 4 corners and put together.

Grease your pan and put the buns on the pan in the oven.

Bake at 375° till brown.



## PASCHA

(Ukrainian Easter Bread)

A. Koval

2 pkg. yeast (2 oz. fresh)  
2 c. warm milk  
6 beaten eggs  
1 c. sugar  
1 c. unsalted butter

1 Tbsp. vanilla  
1 Tbsp. salt  
10 c. flour (start with 5)  
1 c. yellow raisins  
pinch of orange rind (optional)  
pinch of ground cloves (optional)

Bake at 350° for 30 - 45 minutes in greased utensils.

## PUMPKIN CHIFFON PIE

Lillian M. Zamrzla

Soften 1 envelope unflavored gelatin in 1/4 cup cold water.  
Beat slightly 3 egg yolks.

Add:

1/2 c. sugar  
1 1/4 c. canned pumpkin  
1/2 c. milk  
1/2 tsp. ginger

1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1/2 tsp. salt

Place in top of double boiler and cook over hot (not boiling) water, stirring constantly, until mixture thickens. Remove from heat. Add gelatin and stir until dissolved.

Chill until mixture is slightly thicker than the consistency of unbeaten egg whites.

Beat until stiff 3 egg whites, and beat in gradually 1/2 cup sugar. Fold gelatin mixture into egg whites.

Turn into baked pastry shell or gingersnap crust shell. Chill until firm.

Just before serving, garnish with whipped cream.

## PASKA BREAD

(Easter Bread)

Anna Philipovich

10 c. flour  
1 tsp. salt  
1 c. sugar  
3/4 lb. butter

4 eggs  
2 pkg. dry yeast  
2 c. or more (1 pt.)

Soak yeast with 2 tablespoons sugar (2 tablespoons sugar besides the cup).

Bake at 350°. If it gets too brown, lower temperature. Bake about 45 minutes.

(Cont.)



Mix flour, salt and sugar. Add butter and mix like for pies.  
Add some (lukewarm) milk to yeast and egg. Mix all and knead.  
Let rise.

## PASCHA BREAD

Mary E. Carey

2 pkg. yeast	10 c. flour
1/4 c. water	1 tsp. salt
2 Tbsp. sugar	1 box white raisins (place in warm
1/2 lb. butter, softened	water for about 10 minutes,
1 c. sugar	squeeze water out before adding
4 eggs	to batter)

Combine yeast in 1/4 cup water and 2 tablespoons sugar - set aside in a warm place to rise.

Add 1 cup sugar to softened butter and cream.

Beat 4 eggs and add to butter mixture along with 1 teaspoon salt.

Combine yeast, flour and raisins to egg and butter mixture. Knead well - add more flour if needed to make the dough nice and smooth. Heat 1/4 pound butter until melted.

Pour over dough and work in around the pan to coat in order to keep dough from sticking. Let dough rise for 2 hours - punch down and let rise for another 1/2 hour.

Recipe makes 4 loaves, depending on size of pans.

Make 4 balls and set on floured board, covered, for 15 minutes - pan and let rise until pan is full.

Bake for 30 minutes in 300° oven.

Take 1 beaten egg and brush on top of bread before you put in oven.

## VANOCA (CHRISTMAS STOLLEN)

(A Czech Christmas)

2 pkg. active dry yeast	1 Tbsp. grated lemon peel
1/4 c. lukewarm water	1/2 tsp. salt
1 tsp. sugar	1/2 c. slivered almonds
1/4 lb. plus 1 Tbsp. butter	1/2 c. raisins
1/2 c. sugar	1/2 c. diced candied citron or
3 egg yolks	orange peel
1/2 c. heavy cream (lukewarm)	1/4 c. rum
4 c. sifted flour	1 egg, slightly beaten
	sugar, vanilla flavored

Day before: Combine yeast with lukewarm water, and egg yolks to creamy consistency. Add yeast and all other ingredients



except egg and sugar and stir until blended into firm dough, then knead until satiny. Cover with cloth and let rest for 1 hour, in warm place, 80 to 85°.

After 1 hour, divide dough into 8 equal pieces. Roll each piece about finger thin to about 14-inch length. Cover baking sheet with buttered waxed paper.

Braid 4 strips, put on baking sheet and brush thoroughly with egg.

Braid another 3 strips, and put them on top of first 4 braids. Brush again with egg.

Cut remaining piece of dough in 2 pieces. Roll each to about 14 inches. Twist together and put them atop last 3 braids. Brush cake again with egg. Let rise.

Bake at 325° for 1 hour. If cake gets brown prematurely, cover with aluminum foil. When thoroughly cool, dust liberally with sugar (vanilla flavored).

This cake should be baked one day before eating.

Write your extra recipes here:



Write your extra recipes here:



# CAKES · ICINGS

## COOKIES





# Worth Remembering

- ★ A pie crust will be more easily made and better if all the ingredients are cool.
- ★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- ★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- ★ Cakes should not be frosted until thoroughly cool.
- ★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

---

## Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack



## CAKES, COOKIES, ICINGS

### GRANDMOTHER'S APPLE CAKE

Stella Mechlinski

3 c. flour	2 1/2 tsp. vanilla
2 c. sugar	3 tsp. baking powder
1 c. oil	3 large apples
4 eggs	2 tsp. cinnamon
1/4 c. orange or pineapple juice	5 Tbsp. sugar

Mix flour, 2 cups sugar, oil, eggs, juice, vanilla and baking powder in bowl. Beat until smooth.

Peel and slice apples.

Grease tube pan.

Mix 5 tablespoons sugar and cinnamon. Pour half of batter in pan. Put layer of apples and half the cinnamon-sugar. Add remaining batter; then the rest of the apples and cinnamon-sugar.

Bake at 350° for 1 hour and 10 minutes.

### APPLE STRUDEL

Mildred Roh

1 egg	1/2 tsp. salt
1 c. milk	1/2 tsp. sugar
1/4 lb. melted butter	4 c. flour

Work out dough real good. Divide in 4 balls. Cover warm with cloth about 10 minutes.

Roll out dough real thin on a floured cloth:

Filling for 4 balls:

crushed fine corn flakes	raisins
apples	nuts (if you want)
cinnamon sugar	margarine

Melt some margarine and spread on dough, then you spread crushed corn flakes, then you put on apples, then you sprinkle some cinnamon sugar, then you put on some raisins, then you sprinkle again some margarine on the filling, then you start rolling by tacking the bottom of the cloth and roll without stopping, then you seal the top and sides real good so that none of the juice escapes.



## APPLE STRUDEL

Victoria Goldbeck

In a large bowl, combine:

2 c. flour  
1/2 tsp. salt

1 whole eggs  
3 Tbsp. lard

Mix with a spoon to keep mixture smooth. Gradually add 1/2 cup lukewarm water. Mix until a soft dough is formed. Turn dough out onto a lightly floured board and knead until you hear the bubbles pop. The dough will be smooth.

Cover dough with inverted bowl (which has been rinsed in warm water and dried) and allow dough to rest for about 1/2 hour.

Meanwhile, prepare sliced apples. Sprinkle them with lemon juice. Add some raisins.

Have cinnamon and sugar and bread crumbs available. (Farina or Kellogg's crumbs may be used.)

Melt about 1 cup butter.

Cover a kitchen table with a clean tablecloth. Lightly flour cloth. Place dough in center of cloth and roll into a circle.

Next, place hands under dough, with palms of hands down and gently stretch dough from center to the edge of table. Continue around the table. Dough should be pulled as thin as waxed paper. If dough tears, leave it be. Edges will be a little thick; cut off and discard.

Distribute apples, raisins, cinnamon and crumbs over dough. Drizzle melted butter over all. Roll up dough in jelly roll fashion. Form into a horseshoe shape. Lift tablecloth and transfer dough onto greased baking pan.

Bake about 1 hour in 325° oven.

When baked, sprinkle with powdered sugar. Serve warm.

(For added flavor, break a vanilla bean and add to your powdered sugar.)

## OLD-FASHION APPLE ON THE STICK

Diane Podzimek Kryaztofiak

2 Tbsp. butter  
2 c. King syrup

2/3 c. granulated sugar  
1 Tbsp. vinegar

Melt butter in pan, add syrup and sugar, stir constantly, until sugar dissolves.

Boil until syrup becomes brittle when dropped into cold water.

When nearly cooked, add vinegar, then dip apples on the stick into mixture.



## WHIPPED "BABOVKA" BOHEMIAN SPONGE CAKE

Mrs. Louis Tauber

6 eggs	1 tsp. flour
1 c. sugar	2 c. flour
juice and rind from 1 lemon	butter and flour for pan

Mix together 6 eggs, 1 cup sugar, lemon rind and vanilla.

Put bowl in hot water and keep mixing until mixture thickens. Take bowl out of hot water and keep mixing while it cools. Add lemon juice and lightly mix in 2 cups flour. You can also add a pinch of baking powder.

Pour dough into a well-greased and floured form and bake in a 300° or 350° oven about 3/4 hour.

Sprinkle "Babovka" with powdered sugar.

## BABOUKA

Anne William

3/4 c. butter	2 tsp. baking powder
1 3/4 c. sugar	4 egg whites
4 egg yolks	1 tsp. vanilla
3/4 c. milk	lemon rind (if desired)
2 c. flour	

Cream butter and sugar. Add egg yolks, one at a time. Add milk, flour and baking powder. Fold in egg whites. Add vanilla and lemon rind.

Bake at 350° for 3/4 hour to 1 hour.

## CHEESE CAKE

Mildred Roh

2 (8 oz.) pkg. cream cheese	3 Tbsp. flour
1 lb. cream cottage cheese	1 1/2 tsp. lemon juice
1 1/2 c. sugar	1 tsp. vanilla
4 eggs, lightly beaten	1 stick melted butter
3 Tbsp. cornstarch	1 c. sour cream

Cream cottage cheese and cream cheese until smooth. Gradually beat in sugar. Beat in eggs at a low speed. Add flour and cornstarch, lemon juice and vanilla. Add melted butter, sour cream, until smooth.

Bake at 325° for 70 minutes. Leave in oven for 2 hours. Cool before removing spring pan.



## CHEESE CAKE

Christine Blaskis

(Spring pan must be used.)

Ingredients for top and bottom:

Place in a small saucepan 1/2 stick butter or margarine (place over low heat and melt).

Cool for 5 minutes, then add:

1 tsp. cinnamon

1 c. graham cracker crumbs

4 Tbsp. sugar

Mix together with fork. Pat this into the bottom of pan. Save 2 tablespoons to sprinkle on top.

Filling: Put into a mixing bowl:

2 large pkg. cream cheese  
(room temperature)

1 c. sugar  
4 eggs

Beat together in mixer.

Add:

1 pt. sour cream

1 tsp. vanilla

Beat again until well mixed.

Pour over graham cracker crust - put topping on.

Bake for 40 - 50 minutes (no longer) at 350°. Turn oven off - let cheese cake stay in oven for 2 hours. DON'T OPEN OVEN. Then place in refrigerator until ready to eat.

When ready to eat, remove side of pan by releasing spring. Cut and serve cake, leaving it on the bottom of baking pan.

## CORN PUFFS

Lillian Podzimek

1 c. sifted flour

1/4 c. milk

1 1/2 tsp. baking powder

1/2 c. canned corn or fresh cooked corn

2 Tbsp. sugar

10X sugar

1 egg, beaten

oil for deep frying

Sift flour, baking powder, sugar and salt. Add egg, milk and drained corn. Stir until well blended.

In deep fryer or heavy fry pan, drop batter by the teaspoonful into hot oil or shortening. Turn once.



When brown, place on paper bag to drain. Cool, then roll in 10X sugar.

(Similar to Peter Pan Restaurant in Maryland.)

## CREAM PUFFS

Anna Philipovich

1 c. water (boiling)	1 c. flour
1/2 c. butter or shortening	4 eggs
1/2 tsp. salt	

Add butter or shortening to water and boil.

Add flour all at once. Stir vigorously until ball forms in center of pan. Remove from heat.

Cool slightly and add eggs, unbeaten, one at a time, beating after adding each egg. Mixture should be very stiff.

Shape on oiled cookie sheet by dropping from spoon or using pastry bag or tube.

Bake 15 minutes in a hot oven (450°). Reduce temperature to moderate (350°) and continue baking for 30 minutes or until done.

Fill with cream filling or whipping cream.

## CREAM CUSTARD

2 Tbsp. butter	1/2 tsp. salt
3/4 c. sugar	2 c. milk
1/4 c. cornstarch	2 egg yolks
1 tsp. vanilla	

### Double:

4 Tbsp. butter	2 tsp. vanilla
1 1/2 c. sugar	1 tsp. salt
1/4 c. cornstarch and	4 c. milk
1/4 c. flour*	4 egg yolks

Melt butter in double boiler. Blend in mixture of sugar, cornstarch and salt. Pour milk in slowly while stirring.

Cook over boiling water 20 minutes, stirring frequently. Remove from heat. Stir in slightly beaten egg yolks. Return to heat and cook 2 minutes longer. Add vanilla and cool.

I usually double this recipe. And when filling begins to thicken is when I start timing for the 20 minutes cooking.

\*I also use 1/4 cup cornstarch and 1/4 cup of flour - heavy 1/2 cup.

The shells for 1 batch takes double recipe of the custard.



## JEWISH APPLE CAKE

Stella Mechlinski

5 apples, peeled and sliced  
2 Tbsp. cinnamon  
1/4 c. sugar  
3 c. flour  
4 eggs  
2 1/4 c. sugar

1 c. oil  
1/2 tsp. salt  
7 Tbsp. orange juice  
2 1/2 tsp. vanilla extract  
3 tsp. baking powder

Grease and flour 2 cake pans. Preheat oven to 350°.

In a bowl, combine apples, cinnamon and sugar (1/4 cup). Mix thoroughly and set aside.

In a large bowl, combine flour, sugar (2 1/4 cups), eggs, oil, salt, orange juice, vanilla extract and baking powder. Beat for 3 minutes with an electric beater at medium speed.

Layer the bottom of each cake pan with batter. Add half the apples to each pan. Finally cover each layer of apples with the remaining batter.

Bake for 1 1/2 hours at 350°. Cool, stack layers and serve.

## FUDGE CAKE

Lillian Altman

4 Tbsp. cocoa  
1 c. sugar

1/2 c. water

Bring to boil.

Mix:

3/4 c. margarine  
1 c. sugar  
2 eggs  
1 c. buttermilk

1 tsp. baking powder  
1 tsp. baking soda (in small amount of water)  
1 tsp. vanilla  
2 c. flour

Mix together, then add the cocoa mixture.

Bake at 350° for 30 - 35 minutes.

Makes 2 layers.

## MINI FRUITCAKES

(Ideal for Christmas)

Lillian Podzimek

1 3/4 c. unsifted flour  
1/2 tsp. baking powder  
1/4 tsp. salt  
2 c. diced mixed candied fruits  
1 c. chopped nuts

1 c. butter, softened  
2 1/4 c. sifted 10X sugar  
6 egg yolks  
1/4 c. brandy or rum or you can use 1/4 c. orange juice with  
1 tsp. brandy extract



6 egg whites

Sift flour, baking powder and salt. Add the candied fruits and nuts.

Cream butter and sugar until light and fluffy. Add the egg yolks and blend. Stir in the flour and fruit and nut mixture. Gradually stir in brandy.

Beat the egg whites until stiff. Fold into batter. Spoon into midget size paper cups. Bake at 275° for 30 minutes.

Makes 6 dozen.

## MOM'S DOUBLE LAYERED CAKES

Joan Hudecek

Bottom:

5 oz. sweet butter

3 egg yolks

5 oz. confectionery sugar

10 oz. flour

3/4 lemon rind

Mix first 4 ingredients by hand. Add flour.

Cover with thin layer of jelly.

Top:

5 egg whites, beaten stiff

1 Tbsp. cinnamon

9 oz. confectionery sugar

9 oz. ground walnuts

Mix together and carefully spread over jelly.

Bake at 350° (or lower) approximately 1/2 hour. Cool.

Cut into small pieces.

## MORAVIAN ORANGE CAKE

Marie Urban

5 to 6 c. flour

1/3 c. margarine (soft)

2/3 c. sugar

1 c. very hot tap water

1 tsp. salt

1 c. mashed potatoes (room temperature)

2 pkg. dry yeast

2 eggs

In a large bowl, mix 1 1/2 cups flour, sugar, salt and yeast, add margarine. Gradually add very hot water and beat 2 minutes at medium speed of mixer.

Add mashed potatoes, eggs and enough flour to make a thick batter and beat at high speed 2 minutes. Stir in enough additional flour to make a soft dough.

Turn out onto a floured board and knead until smooth and

(Cont.)



elastic, adding more flour if needed so dough would not be sticky when touched. Place into bowl, cover and let rise in warm place about 1 hour.

Meanwhile, cream:

1/2 c. margarine

2 c. light brown sugar

Blend in:

2 Tbsp. orange juice

1 tsp. grated orange rind

1 tsp. cinnamon

Divide dough in half, roll into a rectangle. Spread with half sugar mixture, roll up like jelly roll and seal edges.

Slice into 18 equal pieces, arrange pieces on edge, staggered in 9-inch square pan. Repeat with remaining dough. Let rise 1 hour and bake at 350° for 30 minutes or until done.

Frost with confectioners sugar icing.

## **NUTMEG-RAISIN COFFEE CAKE**

**Jan Marie Valis**

3 1/2 c. all purpose flour

1 Tbsp. nutmeg

2 c. sugar

1 1/2 tsp. salt

1 1/2 c. milk

2 tsp. vanilla extract

1 c. butter or margarine,  
softened

3 eggs

1 c. seedless raisins (dark)

Preheat oven to 350°. Grease a 10-inch tube pan.

Into a large bowl, measure all ingredients except raisins.

With mixer at low speed, beat ingredients until just mixed; increase speed to medium and beat 3 minutes, occasionally scraping bowl with rubber spatula. Pour batter into pan.

Sprinkle raisins evenly over top and carefully stir into batter.

Bake 1 hour 15 minutes or until toothpick inserted in center comes out clean.

Cool cake in pan on wire rack 10 minutes; remove from pan.

## **BUTTERY PEACH COFFEE CAKE**

**Stella Mechlinski**

1/2 c. and 3/4 c. packed brown  
sugar

1 1/2 c. bite-sized rice square  
cereal, crushed to 1/3 c.

1 Tbsp. cornstarch

5 Tbsp. butter or margarine,  
softened

1 tsp. lemon juice

1 egg

1 1/4 c. thinly sliced peeled  
fresh peaches

1 1/2 c. all purpose flour



4 tsp. baking powder  
1/2 tsp. salt

3/4 c. milk

In a small saucepan, combine 1/4 cup brown sugar and corn-starch. Add lemon juice and peaches. Stir to moisten dry ingredients. Cook and stir over medium heat until mixture become very thick and clear. Set aside.

Preheat oven to 400°. Grease 8-inch square cake pan.

Combine cereal crumbs and butter. Beat in egg. Stir together flour, baking powder and salt. Add to creamed mixture alternately with milk. Stir just until moistened. Spread into pan.

Drop peach mixture over top. Marble through batter with knife. Bake 35 to 40 minutes or until tester inserted in cake comes out clean.

Serve warm.

Makes 9 servings.

### PINEAPPLE SQUARES

Mary Carey

4 c. flour, sifted  
1 c. sugar  
1/2 tsp. baking soda  
1 tsp. baking powder  
1 tsp. vanilla

1 egg, beaten  
3/4 c. margarine  
1/3 c. milk  
maraschino cherries, cut in half  
(set aside)

#### Filling:

2 cans crushed pineapple  
(medium size cans)

2 Tbsp. tapioca  
1/2 c. sugar

Blend these 3 ingredients together.

Beat 1 egg and set aside.\*

In a large bowl, cream together sugar and margarine. Add egg, milk and vanilla (stir). Add flour, baking powder and baking soda. Work by hand until well blended.

Reserve a piece of dough about the size of a baseball.

On a floured board, roll out remaining dough and place on cookie sheet covering bottom and sides. Dough is hard to handle so just fill sheet like a puzzle.

Pour in filling, spreading evenly.

Roll out reserved dough and cut in 1/2 inch strips. Place diagonally over filling. Brush with beaten egg that was set aside\*. Place 1/2 cherry in each square.

Bake in 300° oven for 30 minutes or until lightly browned.



## PLUM OR PEACH CAKE

Joan Hudecek

1 c. sugar	2 c. flour
1/2 lb. sweet butter (soft)	1 tsp. vanilla
4 eggs (added separately)	1 tsp. baking powder

Cream butter and sugar. Add eggs, one at a time and vanilla. Add flour and baking powder gradually. Spread onto greased cookie sheet.

Italian plums - halved and pitted or peaches - sliced (5 medium). Arrange fruit on top of batter.

1/2 c. sugar	1 tsp. cinnamon
--------------	-----------------

Mix together and sprinkle on top of cake. Bake at 350° for 30 to 40 minutes.

## POOR MAN'S CAKE

Lillian Altman

1 tsp. salt	2 tsp. cinnamon
1/2 box raisins	1 tsp. nutmeg
2 tsp. baking soda	1 c. milk
1 c. margarine	5 c. flour
2 c. sugar	3 tsp. baking powder

Put raisins in a bowl with 2 cups water. Cook until tender, turn off heat.

Add margarine and baking soda, when margarine has melted, add cold milk.

In a bowl, place all of the remaining ingredients. Add the raisin mixture and mix thoroughly.

Pour into a greased and floured tube pan. Bake at 350° for 45 minutes to 1 hour.

## POPPYSEED CAKE

1/2 c. poppyseed	1 1/2 tsp. double-acting baking powder
1 c. buttermilk	1/2 tsp. baking soda
3/4 c. shortening	1 tsp. vanilla
1 1/4 c. sugar	5 egg whites, stiffly beaten
2 1/4 c. sifted all purpose flour	pinch of salt

Soak poppyseed overnight in buttermilk.

Cream shortening with sugar; add poppyseed mixture.

Mix flour with baking powder, soda and salt and add to batter.



Add vanilla, fold in egg whites, then pour into 3 greased 9-inch layer pans.

Bake at 350° for 25 - 30 minutes.

Fill and frost.

### POPPY SEED CAKE

Mildred Hisley

1/2 c. sweet butter, softened	1 c. ground poppy seed
1 c. sugar	1 Tbsp. lemon rind
2 c. flour	1 tsp. cream of tartar
2 eggs, separated	1/2 tsp. cinnamon
1/2 c. milk	1 tsp. almond extract

Mix butter, sugar and egg yolks. Beat until fluffy. Add milk and flour alternately, a little at a time, continue beating.

Mix in poppy seed and spices. Beat egg whites with tartar and fold into the batter carefully.

Bake in a spring cake form or tube pan at 350° for 45 minutes.

When cool, cover top with lemon icing.

### THERESA'S POUND CAKE

Theresa Novak

3/4 lb. butter	3 c. flour
2 1/3 c. sugar	2 Tbsp. caraway or anise seed
8 eggs	

Cream butter, add sugar and add 1 egg at a time. Add flour, mix in seed.

Pour into greased and floured tube pan. Bake at 300° for 1 1/2 hours.

### PEACH CAKE

Ella Petr

2 c. flour	1/2 c. shortening
2 tsp. baking powder	2 eggs
1/2 tsp. salt	3/4 c. milk
1 1/2 c. sugar	

Sift flour, baking powder, salt and sugar into bowl. Cut in shortening. Add eggs and milk and beat.

Bake in 2 (8-inch) cake pans which have been greased and lightly floured.

Drain 1 large can peaches and put slices on top of dough. Bake at 350° for 30 to 35 minutes.



## SUMMER FRUIT CAKE

Lillian Podzimek

2 c. flour  
2 c. sugar  
2 eggs, beaten  
1/4 tsp. salt

1 1/2 level tsp. baking soda  
1 c. chopped nuts (pecans)  
1 c. coconut  
1 (2 oz.) can crushed pineapple  
(do not drain)

Mix all the ingredients together at medium speed - mix 3 - 5 minutes.

Pour in oblong pan. Grease the BOTTOM of the pan ONLY.  
Bake in preheated oven, 350°, for 35 - 40 minutes.

## ICING

1 (8 oz.) bar cream cheese  
1 box 10X sugar

3/4 stick butter or margarine  
drop of milk

Mix at medium speed.

## BLACK WALNUT CAKE

Lillian Podzimek

3 c. sifted flour  
1/2 tsp. baking soda  
3/4 tsp. salt  
1 1/2 tsp. baking powder  
1 c. butter  
2 c. sugar

4 large eggs, lightly beaten  
1 1/2 tsp. walnut flavoring  
1 1/2 c. milk  
2 Tbsp. vinegar  
1 c. black walnuts

Mix milk and vinegar - put aside to sour.

Sift together flour, baking powder, baking soda and salt.

In a bowl, cream butter, sugar and black walnut flavoring.  
Add the eggs and beat at high speed for 3 - 5 minutes. Add the dry ingredients along with the sour milk. Beat at low speed. Add the black walnuts.

Grease and flour tube pan. Bake for 1 hour at 350°.

## BABOVKA

Pat Babor

(Walnut Pound Cake)

1/2 lb. sweet butter  
1/2 lb. cream cheese

1 c. sugar

Beat above well.



1 large Tbsp. almond extract	2 c. Presto cake flour
6 eggs - put in one at a time, beating well	1/2 c. chopped walnuts

Grease fluted pan and flour. Bake at 350° for 1 hour.

## APPLE BUTTER COOKIES

Mary Fuka

1/2 c. shortening	1 egg, beaten
1 c. brown sugar, firmly packed	1/2 tsp. salt
3 c. flour	1/2 tsp. baking soda
1/2 c. apple butter	1/2 c. buttermilk or sour milk
	granulated sugar

Work shortening with back of spoon until fluffy and creamy. Add brown sugar gradually while continuing to work until light. Add eggs, sift together salt, baking soda and flour. Add alternately with buttermilk to sugar mixture. Chill until easy to handle.

Turn out onto lightly floured board. Roll to 1/8 inch thickness and cut with 2 1/2 inch cookie cutter.

Put together as sandwich and add 1 teaspoon apple butter or jam in center between the 2 cookies. Press edges together with tines of fork. Sprinkle with sugar if desired.

Place on greased cookie sheet about 1 inch apart in moderate oven, 325°, 10 - 12 minutes.

## BOHEMIAN LOVE KNOTS

Lillian Altman

6 egg yolks	1/2 tsp. vanilla
1 (8 oz.) carton sour cream	1/4 tsp. salt
1 jigger brandy or	3 c. flour
1 tsp. brandy extract	2 Tbsp. sugar
	1/4 stick butter

Add salt to egg yolks and beat well. Cream butter and sugar. Add to egg yolks. Add sour cream, vanilla and brandy.

Blend flour a small amount at a time. Knead the dough until it isn't so sticky and does not stick to hands.

Place on floured board and cut in sizes you desire (knots, twists or bow ties). Fry in hot shortening.

This makes 15 dozen. Cool and sprinkle with powdered sugar.



## BUTTER COOKIES

Anna Zubalik

1 lb. sweet butter  
1/2 lb. lard  
10 yolks and 2 whole eggs

1 lb. powdered sugar  
4 c. flour  
1 tsp. baking powder

Cream first 4 ingredients together, add flour mixed with baking powder. Add additional flour to roll on board. Cut in 1 1/2 inch rounds.

Bake in 350° oven for about 10 minutes.

After cookies are cooled, put jam between 2 rounds.

## BUTTER COOKIES

Josephine Smith

1/2 c. butter  
1/3 c. sugar  
3/4 c. flour  
1 egg, beaten well  
1/4 c. citron

1/2 c. raisins  
1/4 c. lemon rind  
1 tsp. vanilla  
1/4 c. almonds, chopped fine

Cream butter, add sugar and cream together. Add egg and beat well.

Add flour, vanilla, raisins, almonds and citron.

Bake at 375° for 10 minutes.

## LISTY

Helen B. Myers

(Means Leaves)

2 eggs (beat well)  
3 Tbsp. sugar

3 Tbsp. sweet cream  
1 3/4 c. pastry flour

Pastry flour - sift ordinary flour 4 times.

Beat eggs until light and add sugar and cream. Add flour to make dough which can be rolled very thin. Cut in diamond shapes or any kind of cookie cutter you have.

Fry in deep hot fat (oil or Crisco). Drain on absorbent paper. Sprinkle with powdered sugar.

## BOZI MILOSTI (GOD'S FAVORS)

Emma M. Melka

2 eggs, slightly beaten  
2 c. flour  
2 Tbsp. cream (sweet or sour)

2 Tbsp. rum or heavy wine  
1 tsp. salt

Mix eggs, cream and wine to flour and salt. Knead on board until smooth. Roll out very thin. Thin as noodle dough. Cut into



3 by 3 inch squares.

Make 2 (1-inch) slits in the middle of each piece and fry in deep fat. Fry on each side.

Remove and sprinkle with powdered sugar.

## CREAM CHEESE PINEAPPLE COOKIES

Anna Philipovich

1/2 lb. butter

2 c. flour (level)

1/2 of 8 oz. large pkg.

jar pineapple preserves

Philadelphia cream cheese

Cut up butter in bowl and let stand almost 1/2 hour to soften.

Put cream cheese out to warm on dish also.

Don't let butter and cheese get too soft or the dough will be hard to work with.

Mix butter and cheese together when ready just enough to mix through. Don't work too long or it will get too soft. Try to work it fast.

Add (sifted) flour and knead like for pies until dough forms. Separate dough into 3 pieces and lay on floured board.

Sprinkle a little flour in bowl and work dough one by one. When you finish one, flatten in bottom of bowl a little and do same with each one.

Put 2 doughs on waxed paper in refrigerator until you're ready for them, but don't leave them in the refrigerator too long, only until you're ready for the next to roll out.

Roll on floured board just like you would pie crust.

Then 1 inch from the top of the dough, lay a row of jelly (pineapple preserves) 6 places across (scanty quarter teaspoon preserves), then cover the jelly with the inch edge of the dough - press between each and cut with cutter.

Place on greased cookie sheet, a little separation between each cookie on cookie sheet.

Bake at 350° for 25 minutes.

## EASTER COOKIES

Anna Zubalik

12 egg yolks

3 tsp. ginger

1 box powdered sugar

1 tsp. baking ammonia

1/4 lb. sweet butter

2 c. flour

Cream the first 4 ingredients, add the 2 cups of flour and the baking ammonia. Add more flour to handle. Roll out on a floured board with a cutter in the form of a cross.

Place on a greased pan, leave overnight.

Bake the next day in 350° oven about 12 minutes.



## FILLED COOKIES

Anna Philipovich

6 c. flour  
2 tsp. baking powder

2 tsp. baking soda  
1 c. sugar

Cut in 1 cup shortening.  
Add:

4 egg yolks

1 c. orange juice (previously  
mixed together)

Cut dough in about 6 pieces and rolled about 6 inches long.  
Put in refrigerator a few minutes.

Roll out dough and spread with grape jelly (lots), coconut and  
chopped nuts. Roll like jelly roll.

Put on greased cookie sheet, 3 rolls on 1 sheet. Sprinkle tops  
with sugar and cinnamon, mixed.

Bake until brown, 350°, about 30 minutes.

When cool, slice into desired pieces.

## MOCHA RUM BALLS

Stella Mechlinski

1/4 c. Maxim 100% Freeze-  
Dried Coffee  
1/4 c. rum  
1 Tbsp. water  
2 Tbsp. cocoa

2 c. fine vanilla wafer crumbs  
1 c. chopped walnuts  
3 Tbsp. light corn syrup  
1 c. unsifted confectioners sugar  
dash of salt

Dissolve coffee in rum and water in a bowl. Add remaining  
ingredients and mix thoroughly.

Roll into balls, using a rounded teaspoon of mixture for each.

Store in tightly covered container for several days. Then roll  
in additional confectioners sugar.

Makes about 4 dozen rum balls.

## NUT COOKIES

(Orechovy Dorty)

Mary Duley

Filling:

6 oz. ground walnuts  
6 oz. granulated sugar (3/4 c.)

2 egg whites

Batter:

1/2 lb. butter, softened

1/2 lb. flour (heaping c.)



2 eggs

1 tsp. vanilla

Mix thoroughly, wrap in waxed paper and chill overnight.  
Roll out thin and cut into 1-inch squares. In each square,  
put 1/4 teaspoon filling.  
Bake at 375° for 20 minutes.

## MORAVIAN SUGAR COOKIES

Joan Hudecek

2/3 c. butter, softened	1 tsp. baking soda
1/2 c. firmly packed brown sugar	1/2 tsp. salt
	1/4 tsp. nutmeg
2 1/2 c. all purpose flour	1/2 c. molasses
2 tsp. cinnamon	1 c. confectioners sugar
1 tsp. ginger	4 tsp. water
1 tsp. cloves	

1. In a medium bowl, cream butter and sugar. Combine flour with cinnamon, ginger, cloves, baking soda, salt and nutmeg. Add flour mixture and molasses alternately to creamed mixture, a little at a time, until well mixed.

Press dough into ball and wrap in plastic wrap. Refrigerate overnight.

2. Remove dough from refrigerator and divide into thirds. Roll out 1/3 at a time on a lightly floured surface to 1/2 inch thick.

Cut with cookie cutters. Place on an ungreased baking sheet and bake 7 to 9 minutes. Cool. Decorate with frosting.

3. To make frosting: Combine confectioners sugar and water. Stir well. Decorate using a pastry bag.

Makes 4 to 5 dozen.

## PEANUT BUTTER CLUSTERS

Anna Z. Valis

(Sodality Christmas Party)

1 c. (6 oz.) butterscotch bits	3 c. Corn Flakes
1/2 c. peanut butter	

Melt butterscotch bits over hot (but not boiling) water. Stir in peanut butter, remove from heat. Add corn flakes, mixing until well-coated.

Drop by teaspoonfuls onto wax paper or buttered baking sheet to set; place in refrigerator until set.

Store in refrigerator until used.

Yield: About 35 pieces, 1 1/2 inches in diameter.



## TARTS - KOSICKY

Mrs. Charles Melka

1 c. flour  
1/3 c. softened butter

2 egg yolks

Cream butter, beat in egg yolk, and sift in flour and knead lightly until smooth. Cut into small even pieces, roll out to desired thickness, 1/2 - 1/3 inch, and press into tart form up to the rim. Individual jello forms can be used.

Bake at 350° till rosy. While still warm, tap gently out of form. Can be stored till needed.

### Filling:

2 egg whites  
3/4 c. confectioners sugar

1 Tbsp. lemon juice

Put in all ingredients in bowl, beat until firm.

Use immediately.

Use strawberries or pitted cherries for decorating.

## SUGAR COOKIES

Lillian Altman

1 lb. butter  
1 lb. sugar  
2 lb. sifted flour

1 egg, beaten  
2 tsp. baking soda, dissolved  
in 2 sm. glasses of milk

## CREAM CHEESE ICING

Lillian Altman

1 (3 oz.) bar cream cheese  
1 box 10X sugar

1/2 tsp. vanilla  
1 Tbsp. milk

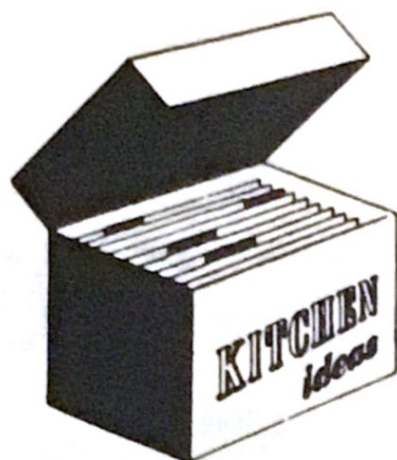
Cream together, then spread on cooled cake.



♡  
**DESSERTS**  
♡







A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.



## DESSERTS

### SEVEN LAYER GELATIN

Mary Carey

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1 small pkg. lime jello       | 1 c. half and half                  |
| 1 small pkg. orange jello     | 1 c. sugar                          |
| 1 small pkg. lemon jello      | 2 envelopes Knox unflavored gelatin |
| 1 small pkg. strawberry jello | 2 c. sour cream (1 pt.)             |
| 1 c. milk                     | 2 tsp. vanilla                      |

Dissolve 1 package of red jello in 1 cup of boiling water and add a 1/2 cup of cold water. Pour into a greased 13 x 9 x 2 inch glass dish.

Chill well - each jello takes about 45 minutes to set and each white layer takes about 20 minutes.

Be sure each layer is set before pouring the next layer.

Bring milk to a boil in a saucepan. Add sugar and mix until dissolved. Add unflavored gelatin which has been dissolved in a half cup of cold water. Add to milk mixture, let cool, but not cold. Add sour cream and vanilla. Mix with a mixer just until it is smooth.

Be sure to keep white mixture in a pan of warm water when not using to keep it from thickening.

When red jello is set, pour 1 1/2 cups of white mixture on top. When white mixture is set (20 minutes), add another layer of jello (lemon), then add another layer of white mixture, then a layer of jello (lime), another layer of white mixture, and finishing with jello (orange).

You can arrange flavors in any way you desire.

If you want to use just 2 flavors like red and green for Christmas, use large boxes of jello. Pour the lime jello on the bottom, let set, then pour all the white mixture (3 cups) in the middle finishing with the red jello on top.

### CHOCOLATE ICE BOX CAKE

Victoria V. Goldbeck  
"Babi"

Melt 3 ounces chocolate in top of double boiler in 3 tablespoons water. Add 1/2 cup sugar. Mix well and allow to cool.

Separate white and yolks from 7 eggs. Add 1 yolk at a time in chocolate mixture. Mix well and return to heat until it thickens in double boiler. Allow to become lukewarm.

Cream 1/2 pound butter in a bowl, add 1 cup 10X sugar and blend. Add chocolate mixture to the creamed butter and sugar.

Beat egg whites until stiff and dry, add this to chocolate



mixture. Allow to chill.

Line pan around sides and bottom with ladyfingers. Pour mixture of chocolate between layers of ladyfingers. Top with whipped cream and cherries if desired.

Keep in refrigerator until ready to serve. Springform must be used.

## CHOCOLATE ROLL

Victoria V. Goldbeck  
"Babi"

1 c. 10X sugar

1/4 c. cocoa

1/4 c. cake flour

5 eggs

Separate 5 eggs, beat yolks until thick and pale yellow in color. Add sugar, flour, cocoa mixture gradually, running electric mixer at low speed; or add in 3 parts, folding in with rubber spatula.

Beat whites until stiff, not dry, fold into yolk mixture.

Add 1 teaspoon vanilla.

Spread batter evenly in prepared 10 x 15 x 1 inch pan (line pan with waxed paper - butter pan and butter waxed paper).

Bake at 400° for 8 minutes.

Turn cake out on clean cloth sprinkled with confectioners sugar. Remove paper at once and roll cake along 10-inch side on a 10X sugared cloth. Unroll and spread with 1 1/2 cups heavy cream, whipped, plus 1 cup sifted 10X sugar and 1 teaspoon vanilla.

Roll and frost with chocolate icing.

Slice.

## FRUIT DUMPLINGS

Theresa Klima

1 lb. flour (4 c.)

1 1/3 c. hot milk (approximately)

3/4 tsp. salt

Knead like bread dough and place under warm bowl about 1/2 hour. Roll and cut in squares and fill with fruit. Make sure dough is pinched tight around fruit.

Boil in salted water about 10 minutes.

Serve with melted butter and sugar.

## FRUIT DUMPLINGS (Basic Recipe)

Anna S. Groppe

Mix ingredients as follows:

2 c. sifted flour

1 tsp. salt

1/2 pkg. dry yeast or

1/8 tsp. nutmeg

1 tsp. baking powder



Mix above - add 1 well beaten egg, mix until mixture looks like cornmeal.

Dissolve 2 tablespoons butter in 2/3 cup milk (scald) - DO NOT BOIL. Allow to cool to room temperature.

Work milk/butter into dry ingredients until smooth.

Prepare fruit, wash peaches/plums, if large fruit, cut in half and wrap dough around fruit of your choice - until well sealed.

Drop dumplings into rapidly boiling water and reduce heat to a gently boil - cook for about 8 - 12 minutes, depending on size of dumpling. Remove from water and prick with a fork, serve hot.

You can use blueberries, etc. Put a good tablespoon in dough.

Sauce: Serve with melted butter and sprinkle with sugar and cinnamon. Or melt butter, add a little rum, powdered sugar and lemon juice, blend until sauce is a little heavy - pour over dumplings.

Good with roast pork/ chicken as a snack dessert.

## FRUIT DUMPLINGS

Victoria V. Goldbeck

1 1/2 lb. potatoes  
2 c. flour

2 eggs  
salt to taste

Cook potatoes in jacket. When cooked, peel and mash immediately. Cool and add remaining ingredients.

Roll out on a floured board and cut into approximately 2-inch squares.

Take fresh fruit, such as peaches or plums and wrap with dough. Drop into boiling water. Cook about 10 minutes.

### Topping:

1/4 lb. butter (1 stick)  
1/2 box bread crumbs

1/2 c. sugar

Melt butter carefully so as not to scorch it. Toss in bread crumbs and sugar. Mix thoroughly.

Roll cooked dumplings in topping and serve.

## PEACH DUMPLINGS OR PLUM OR CHERRY Madeline Svec

Mix until smooth:

1 c. dry\* cottage cheese  
1 1/2 Tbsp. butter  
1 beaten egg

1/2 tsp. (rounded) salt  
1 tsp. (rounded) sugar

(Cont.)



**Add:**

1 1/2 c. sifted flour

about 2 or 2 1/2 Tbsp. cream  
or milk

Dough should not stick and should be medium stiff. Pull off 5 or so pieces of dough, stretch and pat around peaches. Cook in boiling salted water for about 12 minutes.

Sprinkle with sugar and cinnamon and sour cream or melted butter.

\*If creamy cottage cheese is used, use less milk or cream.

### **FRUIT DUMPLINGS** ("Ovocni Knedliky")

**Pat Babor**

1 1/2 c. milk  
1 scant tsp. salt

1/3 stick margarine or butter

Bring above to boil.

Stir in 1/2 cup farina and cook (according to thickness).

Let cool and place in mixing bowl and add 3 eggs (one at a time) and add flour (a little at a time) - approximately 3 cups.

Wrap around fruit and boil for: (1) Peaches about 25 minutes, (2) Plums about 15 minutes.

#### Toppings:

1. browned butter or  
2. ground poppyseed and sugar,  
or

3. driest cottage cheese or pot  
cheese, or  
4. riced farmer cheese, or  
5. cinnamon and sugar

### **QUICK CHEESE LAYER BAKE**

**Mary Fuka**

12 slices bread  
1/2 lb. American cheese, sliced  
thin  
4 eggs  
2 1/2 c. milk

1/2 tsp. dry or prepared mustard  
1 Tbsp. minced onion  
1 tsp. salt  
1/2 tsp. pepper

Remove crusts from bread.

Arrange 6 slices in greased 12 x 8 x 2 inch baking dish. Cover bread with sliced cheese, then cover with remaining bread.

Beat eggs, add milk and remaining ingredients, blend. Pour over bread. Let stand 1 hour.

Heat oven to 325°. Bake for about 50 minutes.



Serve at once.  
Makes 6 servings.

## PRUNE DUMPLINGS

Marie Urban

Cook in a 4-quart pot  $\frac{3}{4}$  full of small potatoes with jackets. Peel and mash or put through a ricer and let get cold.

Add 1 cup flour and 1 teaspoon salt and mix with potato masher (wire or steel).

Add 1 egg and mix again, adding more flour, about 1 cup or more, until dough forms a ball and can be kneaded on a floured board.

When firm to the touch and not sticky, cut in half and form into a roll with floured hands, about 9 to 10 inches long.

Cut 1 inch slices, flour hands and flatten the slice and put in clean, fresh prune. Close up and roll in floured hands to a smooth ball.

When all are finished, put into a half pot (soup) of boiling water, about 9 or 10 in a pot, and let water come to a boil, then lift dumplings gently with slotted spoon to make them rise, cover pot and reduce heat. Boil gently for 10 minutes.

Remove with slotted spoon into bowl and cover.

Melt 1 stick or more of margarine or butter and pour over dumplings on each dinner place, also put on cinnamon and sugar.

POTATO DUMPLINGS are made the same way except you cut 2-inch slices, roll into a ball and cook for 10 minutes.

Overcooking makes them mushy.

To be eaten with sour beef, roasts of beef or pork, ham, etc.

## RICE PUDDING

(Easy to make)

Lillian Podzimek

$\frac{2}{3}$  c. precooked rice  
 $\frac{1}{2}$  tsp. salt  
 $1\frac{1}{3}$  c. milk  
 $\frac{1}{4}$  c. sugar

$\frac{1}{3}$  c. raisins  
2 eggs, slightly beaten  
 $\frac{1}{4}$  tsp. cinnamon  
cream (optional)

Combine raisins, milk and salt in saucepan. Bring to a boil.

Add rice, eggs and sugar and continue stirring and cooking for another minute or so. DO NOT let it boil. Remove from heat and cover. Let it stand for 20 minutes.

Top with cinnamon and cream when served.

Makes 4 servings.



Write your extra recipes here:



# BEVERAGES MISCELLANEOUS





## EVERYDAY USE WITH THE METRIC SYSTEM

### FOOD

Milk . . . . .	1 liter . . . . .	1.06 quarts
Butter . . . . .	1 kilogram . . . . .	2.2 pounds
Lemon juice . . . . .	1 gram . . . . .	0.035 ounces
Flour . . . . .	1 liter . . . . .	4.23 cups
Sugar . . . . .	1 milliliter . . . . .	0.067 tablespoons
Salt . . . . .	1 milliliter . . . . .	0.203 teaspoons
Water . . . . .	1 liter . . . . .	2.1 pints

### DISTANCE

1 centimeter . . . . .	0.4 inches
1 meter . . . . .	3.3 feet
1 meter . . . . .	1.1 yards
1 kilometer . . . . .	0.6 mile

### AREA

1 sq. centimeter . . . . .	0.16 sq. inch
1 sq. meter . . . . .	1.2 sq. yards
1 sq. kilometer . . . . .	0.4 sq. mile
1 hectare . . . . .	2.5 acres

### TEMPERATURE

0 degree Celsius . . . . .	32 degrees Fahrenheit
37 degrees Celsius . . . . .	98.6 degrees Fahrenheit
100 degrees Celsius . . . . .	212 degrees Fahrenheit

### CLOTHING

	METRIC	U.S.
Women	Size	Size
Dresses . . . . .	38 . . . . .	10
	40 . . . . .	12
	42 . . . . .	14
	44 . . . . .	16
Stockings . . . . .	2 . . . . .	9
	4 . . . . .	10
	6 . . . . .	11
Shoes . . . . .	35 . . . . .	5
	36 . . . . .	6
	38 . . . . .	7
Men		
Shirts . . . . .	35 . . . . .	14
	37 . . . . .	15
	40 . . . . .	16
Socks . . . . .	25.5 . . . . .	10
	28 . . . . .	11
	29.25 . . . . .	11 1/2
Shoes . . . . .	41 . . . . .	8
	44 . . . . .	10
	46 . . . . .	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	=	250 milliliters (ml)
1/4 cup	=	62-1/2 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 pint	=	0.47 liter (l)
1 quart	=	0.95 l
1 gallon	=	3.8 l
1 liter	=	2.1 pint
1 liter	=	1.06 quart
1 liter	=	0.26 gallon



## BEVERAGES, MISCELLANEOUS

### ORANGE BLOSSOMS (Ideal for the Holidays)

Lill Podzimek

1 c. sugar

3 c. water

Place in saucepan and bring to a boil - cool.

4 large cans frozen orange  
juice

10 cans water  
3/4 bottle or less of gin

Place orange juice, water, gin and cooled sugar water in a large pot, stirring until completely dissolved.\* Set aside - until ready to serve.

Take 2 ice cube trays and place a cherry in each slot of the tray.

Pour a can of pineapple juice over the cherry in the ice cube trays. Freeze to make cubes.

\*When ready to serve the orange Blossom drink, place one of these frozen pineapple and cherry ice cubes in the glass and pour your already made mixture over the cube.

### THE RECIPE

1 (46 oz.) can apricot nectar  
1 (46 oz.) can pineapple juice  
1 (6 oz.) can frozen orange  
juice

1 (6 oz.) can frozen lemonade  
1 1/2 c. apricot brandy  
1 1/2 c. vodka

Mix all ingredients together.

Freeze for 24 hours.

Serve with splash of Seven-Up.

### WEDDING PUNCH

Diane Podzimek Krysztofiak

1 large can Hawaiian Punch  
1 large can pineapple juice  
2 cans frozen orange juice  
2 cans frozen lemonade

4 cans water  
large bottle ginger ale  
1/2 c. sugar  
whiskey to spike



Write your extra recipes here:



## INDEX OF RECIPES

### APPETIZERS, PICKLES, RELISH

Crab Melt A-Ways .....	1
Dips .....	1

### SOUPS, SALADS, SAUCES, DRESSINGS

Brown Flour Soup .....	3
Egg Drippings or Kapanie .....	3
Kapri Polevka (Carp Soup) .....	3
Czech Dill Gravy .....	4
Liver Dumpling Soup .....	4
Liver Dumplings .....	5
Liver Dumplings .....	5
Liver Dumpling Soup .....	5
Oxtail Stew .....	6
Bohemian Potato Soup .....	6
Potato Dumplings .....	6
Liver Dumpling Soup .....	6
Shrimp Mold.....	7
Stringbean Soup .....	7
Rajski Omacka .....	7
Tomato Vomachka .....	8
Tomato Vomachka .....	8
Roux or Zapraska or Jiska .....	9

### MAIN DISHES--

#### MEAT, SEAFOOD, POULTRY

Svickova na Smetane .....	11
White Sour Beef .....	12
Smazeny Kapr (Fried Carp) .....	12
Chicken Paprika .....	13
Chicken Paprikas .....	13
Peasant Chicken Paprikas .....	13
Crab Cakes .....	14
Flicky .....	14
Roast Goose .....	15
Goulash .....	15
Dumplings .....	15
Goulash .....	16



Beef Goulash .....	16
Jaternice .....	16
Jitrnice .....	17
Bohemian Lamb and Carrot Stew .....	17
Paprikas .....	17
Knedliky (Dumplings) .....	18
Pig in Blanket .....	18
Pot Roast - Bohemian Style .....	18
Pot Roast .....	18
Steaks - Bohemian Style .....	19
Sour String Beans .....	20
Svickova .....	20
Veal - Sour Cream Dill Gravy .....	21
Veal Lites or Pjsel .....	21
Creamed Veal Paprika .....	21
Veal Cutlets with Paprika .....	22
Seconyena (Easter Meat Loaf) .....	22

## MAIN DISHES--

### CHEESE, EGG, SPAGHETTI, CASSEROLE

Barley Casserole .....	23
Casserole Dish .....	23
Bohemian Cheese Noodles .....	23
Kugle .....	24

## VEGETABLES

Sweet and Sour Coleslaw .....	25
Sweet and Sour Smothered Cabbage .....	25
Caraway-Potato Pancakes .....	25
Dumplings .....	26
Dumplings .....	26
Yeast Dumplings .....	26
Bread Dumplings .....	27
Bread Dumplings .....	27
Bread Dumplings (Yeast) .....	27
Barley Porridge/Mushrooms .....	28
Barley Sauerkraut .....	28
Flour Dumplings .....	28
Houskove Knedliky .....	29
Horseradish with Beets .....	29
Christmas Potato Salad .....	30
Raw Potato Dumplings .....	30
Pilgrim Potato Chowder .....	30



Sauerkraut .....	31
Sauerkraut .....	31
Sauerkraut .....	31

## BREAD, ROLLS, PIES, PASTRY

Poppy Seed "Babovka" .....	33
Raised "Babouka" .....	33
Dough for Buchty, Kolacky, Yeast Rolls, Czech Pizza.....	33
Buchty .....	34
Dough for Buchty, Kolacky, Yeast Rolls and Czech Pizza.....	35
Czech Cottage Cheese Pie .....	35
Casserole Cheese Bread .....	36
Crumb Topping .....	36
Cheese Filling .....	36
Cottage Cheese Pie .....	37
Cheese Dough Pascha .....	37
Koblihy .....	38
Hoska .....	38
Houska .....	39
Braided Houska .....	39
Apricot Houska .....	40
Hoska .....	41
Hrutka .....	41
Kolacky .....	41
Kolacky .....	42
Jakubco Kolacky.....	43
Kolacky .....	43
Kolacky .....	44
Mary's Kolacky .....	45
Kolaches .....	46
Bohemian Kolacky .....	47
Basic Kolacky Dough .....	47
Kolacky Dough .....	48
For Kolacky .....	48
Pascha .....	49
Pumpkin Chiffon Pie .....	49
Paska Bread .....	49
Pascha Bread .....	50
Vanocka (Christmas Stollen) .....	50



## CAKES, COOKIES, ICINGS

Grandmother's Apple Cake .....	53
Apple Strudel .....	53
Apple Strudel .....	54
Old-Fashion Apple on the Stick .....	54
Whipped "Babovka" Bohemian Sponge Cake .....	55
Babouka .....	55
Cheese Cake .....	55
Cheese Cake .....	56
Corn Puffs .....	56
Cream Puffs .....	57
Cream Custard .....	57
Jewish Apple Cake .....	58
Fudge Cake .....	58
Mini Fruitcakes .....	58
Mom's Double Layered Cakes .....	59
Moravian Orange Cake .....	59
Nutmeg-Raisin Coffee Cake .....	60
Buttery Peach Coffee Cake .....	60
Pineapple Squares .....	61
Plum or Peach Cake .....	62
Poor Man's Cake .....	62
Poppyseed Cake .....	62
Poppy Seed Cake .....	63
Theresa's Pound Cake .....	63
Peach Cake .....	63
Summer Fruit Cake .....	64
Icing .....	64
Black Walnut Cake .....	64
Babovka .....	64
Apple Butter Cookies .....	65
Bohemian Love Knots .....	65
Butter Cookies .....	66
Butter Cookies .....	66
Listy .....	66
Bozi Milosti (God's Favors) .....	66
Cream Cheese Pineapple Cookies .....	67
Easter Cookies .....	67
Filled Cookies .....	68
Mocha Rum Balls .....	68
Nut Cookies .....	68
Moravian Sugar Cookies .....	69
Peanut Butter Clusters .....	69
Tarts - Kosicky .....	70
Sugar Cookies .....	70



Cream Cheese Icing .....	70
--------------------------	----

## DESSERTS

Seven Layer Gelatin .....	71
Chocolate Ice Box Cake .....	71
Chocolate Roll .....	72
Fruit Dumplings .....	72
Fruit Dumplings .....	72
Fruit Dumplings .....	73
Peach Dumplings or Plum or Cherry .....	73
Fruit Dumplings .....	74
Quick Cheese Layer Bake .....	74
Prune Dumplings .....	75
Rice Pudding .....	75

## BEVERAGES, MISCELLANEOUS

Orange Blossoms .....	77
The Recipe .....	77
Wedding Punch .....	77

Notes:



Notes:

TO ORDER

Copies of this book, please print  
your name and address and send to:

St. Wenceslaus Church  
2111 Ashland Avenue  
Baltimore, Maryland 21205

Enclose \$5.00 for each copy and  
add \$1.00 for postage and handling.



**MOST HOLY REDEEMER  
CEMETERY**

**4430 Belair Road  
Baltimore, Maryland 21206**

**CEMETERY MAUSOLEUM SITES**

**Double Crypts  
Single Crypts  
Cremation Urn Niches  
Lots also available  
Budget Payment Plans  
For information call  
485-4227**

**Office hours-Monday thru Friday 9-4  
Saturday 9-1**



# *Slavie*

## **New Passbook Savings Rate**

**7.00%**      **Current  
Dividend**

**ON ALL PASSBOOKS**

**FROM DAY OF DEPOSIT  
TO DAY OF WITHDRAW  
CONTINUOUSLY COMPOUNDED DAILY  
CREDITED MONTHLY**

**WITH  
ANNUAL  
YIELD**

**7.35%**

*Call Us For:*  
**Certificate Rates  
Home Mortgage Rates**

# *Slavie*

## **SAVINGS & LOAN ASSOCIATION**



**Each Account Insured to \$100,000.00 by  
Maryland Savings-Share Insurance Corp.**

*Main Office —*

**3700 E. NORTHERN PARKWAY**

**at Walther Avenue — 21206**

*With Drive-In Window*

**444-5555**

*Branch Office    730 N. Collington Avenue  
corner E. Madison Street*



Phone 256-7755



Specializing in Water Pressure

GEO. E. *Wedmore*  
& CO.

BURNHAM BOILERS  
RHEEN WATER HEATERS  
ELJER BATHROOMS

Shop 821 N. Linwood Ave., Baltimore, Md. 21205

PLUMBING AND HEATING



**FROM YOUR FRIENDS AT  
NORTHEASTERN  
PLUMBING & HEATING  
SUPPLY CO., INC.**

**808 NORTH CHESTER STREET  
BALTIMORE, MD 21205**

**675-5664**





**W. P. IHRIE & SONS**  
2 NORTH SMALLWOOD STREET  
BALTIMORE, MARYLAND 21223

*Mikulski Bros. Bakery*

*2225 Eastern Ave.*

*Open Wed. Thru Sun.*

=====HOUSEPOWER=====

**Vittek Electric**

675-8751  
2900 McELDERRY STREET  
(OFFICE)

ELECTRIC HEAT • FLOOD LITE'S • NEW WIRING  
SMOKE DETECTORS • REPAIRS

RUSSELL WYNN  
Wine Specialist

(301)342-1102

276-1752

686-5626

**Barney's**

DISCOUNT LIQUOR MART

JERRY BERLIN  
3200 PULASKI HIGHWAY  
BALTIMORE, MD. 21224

**DIETZ BROTHERS**

High Grade Poultry  
Strictly Fresh Eggs

Northeast Mkt. Chesaco Park

Toys, Etc.  
Las Vegas Wheels  
Promotions - Bingo  
Supplies - Balloons



**Day: 276-0907**

**STATE SALES CO.**

"Over Forty Years of Business"

**NEW YEAR'S HATS — HORNS — NOISEMAKERS**

OFFICE & SHOWROOM  
519-521 S. CONKLING ST.  
BALTIMORE

**ANDY DORSCH**



# **PIVEC PLUMBING**

**Serving Baltimore For 3 Generations**

**342-4408**

COMPLIMENTS OF TOM HAAG

EMKAY CANDLES

"SINCE 1879"

*Coach/Rosedale Funeral Home*

1211 CHESACO AVENUE  
ROSEDALE, MARYLAND 21237

JOHN J. CVACH  
FUNERAL DIRECTOR & EMBALMER

(301) 682-2467





# WEITZEL BROS EXXON SERVICENTER

Phone 327-1239  
2213 Mc Elderry St. Baltimore, MD 21205

301/732-3900

ESTABLISHED 1908

*The Atlas Supply Co.*  
INSTITUTIONAL  
FOOD SERVICE DISTRIBUTORS

STANLEY (STAS)  
BURCHACKI

302-312 S. CENTRAL AVE.  
BALTIMORE, MARYLAND 21202

**NATIONAL LUMBER CO.**

4901 Pulaski Highway  
"Everything for Building"  
The Frumans Say:  
"Your Grand Dad Was a  
Satisfied Customer"  
675-4740

Compliments of

Dr. and Mrs. Henry Houska

GEM  
DISCOUNT LIQUORS

5812 Johnnycake Road  
BALTIMORE, MARYLAND 21207  
747-8555



ORGANIZED 1912



## GOLDEN PRAGUE

BUILDING AND LOAN SAVINGS ASSOCIATION

2921 McELDERRY ST.

Open Daily

10 a.m. to 3 p.m.

Wednesday

10 a.m. to 7 p.m.

Closed

Thursday

Saturday, 10 a.m. to 1 p.m.

JOSEPH M. PLATEK

Executive Vice-President & Secretary

675-4474

The Leader in Reprographics for 100 Years

**Gestetner**  
CORPORATION

JAMES HENRY

Account Representative

1030 CROMWELL BRIDGE RD.

TOWSON, MD. 21204

296-2310

**HEARN, MORRILL CO.**

1201 HUNTER STREET  
BALTIMORE, MARYLAND 21202

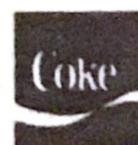
COMMERCIAL AND RESIDENTIAL CLEANING OF  
WALLS, CEILINGS, FLOORS, WINDOWS  
CARPETS AND FURNITURE  
SMOKE AND SOOT REMOVAL

WHITNEY F. MORRILL

752-1204

ESTABLISHED 1925

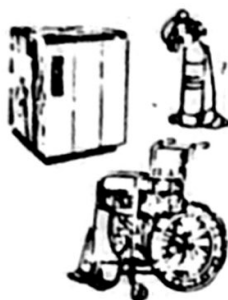
# Coke<sup>®</sup> is it!



**Bottled under the authority of The Coca-Cola Company  
by Mid-Atlantic Coca-Cola Bottling Company, Inc.**



THOMAS PETR, PROP.



# HOSPITAL EQUIPMENT

RENTALS  
SALES  
SERVICE

OXYGEN



## MEDICARE PATIENTS

- WE DO ALL THE PAPERWORK
  - WE GET ALL AUTHORIZATIONS
  - WE BILL INSURANCE COMPANIES
- PRIVATE MAJOR MEDICAL  
WORKER'S COMPENSATION  
MEDICAID

\*WALKERS  
\*COMMODOES  
\*OXYGEN  
\*CRUTCHES  
\*TRUSSES  
\*ORTHOPEDIC  
APPLIANCES

\*HYDRAULIC LIFTS  
\*HOSPITAL BEDS  
\*WHEEL CHAIRS  
\*OSTOMY SUPPLIES  
\*TENS NERVE STIMULATORS  
\*JOBST ELASTIC STOCKINGS  
\*MASTECTOMY SUPPLIES

**MEDI-RENTS & SALES**  
**24 HR EMERGENCY SERVICE**



743 S. Conkling St.  
Baltimore, MD 21224

**327-7252**

## *Krueger-Smith Florist, Inc.*

JERRY SIMON  
Proprietor

FUNERAL DESIGNS • POTTED PLANTS  
• • CUT FLOWERS • •

EAstern 7-7512

627 N. MONTFORD AVENUE



## Restoration of Old or Damaged Oil Paintings

ALL WORK DONE BY US IN OUR SPECIAL STUDIO  
**PAINTING, DECORATING and REPAIRING**  
**OF CHURCHES, CHAPELS, STATUES and ALTARS**

**ORIGINAL  
OILS  
Painted  
To Order**

---

**GOLD  
LEAFING**

---

**EXPERT  
PICTURE  
FRAMING**



**LEADED  
GLASS  
WINDOWS**

---

**PROFESSIONAL  
MARBLEIZING**

---

**ENGROSSING  
OF CHARTERS,  
DOCUMENTS,  
RESOLUTIONS &  
DIPLOMAS**

**General Contractors**

# ART SHOP

**WM. A. OKTAVEC & SONS**

(Contact: Albert J. Oktavec)

**2407 E. MONUMENT ST.**

**BALTIMORE, MD. 21205**

**Call DI 2-2226**

*Over 60 years of Faithful Service*

*Special Prices to Institutions - Estimates Cheerfully Given*

*No Obligation*





FOR OVER 50 YEARS  
*Our Family Serving Yours!*

# SANTONI'S

5 GREAT LOCATIONS!

**7100 DARLINGTON**  
OAKLEIGH SHOPPING CENTER

**PERRY HALL**  
9630 BELAIR RD., NORTHVIEW SHOP. CT.

**HIGHLANDTOWN**  
3800 E. LOMBARD ST.

**DUNDALK**  
DUNDALK SHOPPING CENTER

**UPPER FELS POINT**  
1720 E. LOMBARD ST.



**HAPPY COOKING**

**FROM THE**

**FOURTEEN**

**LIVINGSTONS**

**WE MAKE  
MONEY MATTERS  
SIMPLE.**

 **Union Trust Bank**



## PATRONS

Joseph and Lillian Altman  
Edward F. Baker  
John H. Baker  
Mary Barkley  
Mary Base  
Rosalie Base  
Rose Belli  
Marie Benedetta  
Dorothy Bianconi  
Denis and Joella Biscoe  
Edward Bittman  
Matie Bittman  
Joanne and Albert Brune  
Theresa Buddemeyer  
John and Dorothy Cihak  
Marie Derwinis  
Lawrence and Beatrice Dorsey  
Celeste N. Goldbeck  
Kathy I. Goldbeck  
Victoria V. Goldbeck  
Patricia Hacker  
Mildred A. Hisley  
Josephine and Joseph Hlavac  
Joseph A. Kadlec  
Mary F. Kadlec

Theresa Klima  
Nadine Knight  
Emilie M. Melka  
Mothers' Club of St. Wenceslaus  
Elizabeth Pazourek  
Marie Peddicord  
Elsie Pelisek  
Edward Petr  
Ella Petr  
Thomas and Debbie Petr  
Anna and Pete Philipovich  
Charles and Lillian Podzimek  
Marie Petr  
Mildred and John Roh  
Rehak-Roettger Family  
St. Wenceslaus Senior Citizens  
Agnes Shimek  
Elizabeth Shimek  
Evelyn Shimek  
Jo Smith  
Catherine Stumph  
Leoba Svehla  
Caroline Turch  
Anne Williams  
Victoria G. Wilson





# *Notes*



# 1985

S	M	T	W	T	F	S
<b>JANUARY</b>						
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
<b>FEBRUARY</b>						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		
<b>MARCH</b>						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		
<b>APRIL</b>						
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
<b>MAY</b>						
1	2	3	4			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
<b>JUNE</b>						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

<b>FEBRUARY</b>						
1	2					
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

<b>MARCH</b>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

<b>APRIL</b>						
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

<b>MAY</b>						
1	2	3	4			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

<b>JUNE</b>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# 1986

S	M	T	W	T	F	S
<b>JANUARY</b>						
1	2	3	4			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
<b>FEBRUARY</b>						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

<b>FEBRUARY</b>						
1	2					
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

<b>MARCH</b>						
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

<b>APRIL</b>						
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

<b>MAY</b>						
1	2	3				
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

<b>JUNE</b>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# 1987

S	M	T	W	T	F	S
<b>JANUARY</b>						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
<b>FEBRUARY</b>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
30	31					

<b>FEBRUARY</b>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
30	31					

<b>MARCH</b>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

<b>APRIL</b>						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

<b>MAY</b>						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

<b>JUNE</b>						
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



The plastic binding on this book will provide years of endless service, but like all plastic material it should not be exposed to excessive heat. Examples of this would be direct sun, left in a hot automobile or near the burners of a kitchen stove.

## DATES TO REMEMBER

	1985	1986	1987
NEW YEAR'S DAY	Tuesday January 1	Wednesday January 1	Thursday January 1
LINCOLN'S BIRTHDAY	Tuesday February 12	Wednesday February 12	Thursday February 12
VALENTINE'S DAY	Thursday February 14	Friday February 14	Saturday February 14
WASHINGTON'S BIRTHDAY (Observed)	Monday February 18	Monday February 17	Monday February 16
ASH WEDNESDAY	Wednesday February 20	Wednesday February 12	Wednesday March 4
ST. PATRICK'S DAY	Sunday March 17	Monday March 17	Tuesday March 17
EASTER	Sunday April 7	Sunday March 30	Sunday April 19
PASSOVER (First Day)	Saturday April 6	Thursday April 24	Tuesday April 14
MOTHER'S DAY	Sunday May 12	Sunday May 11	Sunday May 10
NATIONAL MEMORIAL DAY Traditional—Always Observed May 30	Monday May 27	Monday May 26	Monday May 25
FATHER'S DAY	Sunday June 16	Sunday June 15	Sunday June 21
INDEPENDENCE DAY	Thursday July 4	Friday July 4	Saturday July 4
LABOR DAY	Monday September 2	Monday September 1	Monday September 7
ROSH HASHANAH	Monday September 16	Saturday October 4	Thursday September 24
YOM KIPPUR	Wednesday September 25	Monday October 13	Saturday October 3
COLUMBUS DAY Observed	Monday October 14	Monday October 13	Monday October 12
HALLOWEEN	Thursday October 31	Friday October 31	Saturday October 31
VETERAN'S DAY	Monday November 11	Tuesday November 11	Wednesday November 11
THANKSGIVING	Thursday November 28	Thursday November 27	Thursday November 26
CHANUKAH	Sunday December 8	Saturday December 27	Wednesday December 16
CHRISTMAS	Wednesday December 25	Thursday December 25	Friday December 25

We are pleased that we are the world's largest publishers of personalized cook books. If we may have the opportunity to send you information concerning books for your own organization, please write.

**CIRCULATION SERVICE, INC.**  
**P.O. BOX 7306 — INDIAN CREEK STATION**  
**SHAWNEE MISSION, KANSAS 66207**

Programs of Service and Fund Raising Programs  
for Church, School and Civic Organizations







